THE
FRENCH COO[illegible]

Prescribing the way of [illegible]
ready of all sorts of Meats, Fish [illegible]
Flesh, with the proper Sauces, [illegible]
to procure Appetite, or to advance the [illegible]
of Digestion; with the whole skill
of Pastry-work.

*Together with a Treatise of Cookery, [illegible]
both dry and liquid, [illegible]*

The second Edition [illegible]
ned, and compared [illegible]
purged throughout, from [illegible]
[illegible] and supplyed in [illegible]
[illegible] in the former [illegible]

With an Addition of some cho[illegible]
[illegible] of Cookery lately grown in use [illegible]
the Nobility and Gentry, [illegible]
of our own Nation.

---

*Written in French by [illegible] De [illegible]
Clerk of the Kitchen [illegible]
[illegible]llet, and now Engl[illegible] by I. [illegible]*

[illegible]

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Mary Owen her Boke

TO THE RIGHT HONOURABLE *JOHN* Earl of *TANNET*, &c.

My very good Lod.

My Lord,

OF all Cookes in t
World, the Fren
are esteem'd the b
and of all Co
that ever *France*
up, this may very well challe
the first place, as the neateſt an
compleateſt that ever did attend
the French court and Armies. I
have taught him to speake En-
gliſh, to the end that he may be

able to wait in your Lordſhips Kitchin, and furniſh your Table with ſeveral ſauces of *haut goût*, and with dainty *ragouſts*, and ſweetmeats, as yet hardly known in this Land. I hope your Honor will forgive my boldneſs of begging your Lordſhips Patronage, in his behalf, entreating your Honour to conſider, that having firſt ſet out his ſkill in *French*, under the protection of a *French* Marqueſs, he now as a ſtranger doth humbly crave to be ſhelter'd under the luſtre of your honourable name, that ſo with the more credit and confidence, he may impart his ſkill for the publique good, in teaching every body how to continue and prolong comfortably by a well reliſhed diet, the ſweet marriage

of Soul and body. Besides, my Lord, your former commands are indeed the first and chiefe cause of my presuming thus far, esteeming it to be a part of my duty, which will never be satisfied untill some better occasion do furnish me with a more serious subject, whereby I may let all the world know, that all my ambition is to deserve the glorious title of

Your Lordships most humble Servant,

Du. Fresne.

BODLEIANA
BIBLIOTHECA

To the Reader.

Courteous Reader,

I was desired by a Noble Knight to English this Book; besides being solicited and intreated about the same, by many of my Friends, and persons of good quality, I have taken the paines to do it, as punctually and exactly as the matter could give me leave, endeavouring to make it intelligible for every body. As concerning some few words which are not Englished, they are words of things which are not in England, *or some words of art, which you will find exp'ained in a Table set before the book. I have had all the care possible to make it compleat and ex-*

easie, to the end that it may be useful not onely for Noblemen and Gentlemen, but also for every private family, even to the Husbandman or Labouring man, whereſoever the Engliſh tongue is, or may be uſed. If you doe accept of it for your own uſe, as kindly, as I do give it heartily to the publick, I am fully ſatisfied for all my labours, wiſhing that you and I may long enjoy the comfortable refreſhments therein. Farewell.

For

FOR THE

High and Mighty Lord,

Lewis Chaalon Du Bled,

Counsellor of the King in both his Counsels of State and Privy-Counsel, Knight of his Orders, Baron of *Tenar*, Marquesse of *Uxelles*, and of *Cormartin*, &c.

BIBLIOTECA

My Lord,

ALthough my condition doth not afford me a Heroick heart, it gives me nevertheless such a one, as

not to be forgetful of my duty. During a whole tenne yeares imployment in your houſe, I have found the ſecret how to make meates ready neatly and daintily. I dare ſay that I have exerciſed this profeſſion with a great approbation of Princes, Marſhals of *France*, and an infinite number of perſons of quality, who did frequent your Table in *Paris*, and in the Armies, where you have forced Fortune to grant your Virtue ſome Offices worthy of your courage. I think, that the publique ought to Profit by this experience of mine, to the end it may owe unto you all the utility, which it will receive thereby. I have therefore ſet downe in writing what I have ſo long practiſed in your

your ſervice, and have made a ſmall Book of it, bearing the title of Clerk of your Kitchin. But, as all what it doth contain, is but a leſſon, which the deſire of pleaſing you hath cauſed me to learne, I thought it ought to be honoured with your name, and that without ſinning againſt my duty, I could not ſeek for it a mightier prop than yours: It is a token of the paſſionate deſire I alwaies had, and ſhall have all my life time to ſerve you. Therefore, my Lord, uſe your accuſtomed generoſity, doe not deſpiſe it, though it be unworthy of you. Conſider that it is a treaſure of the Sauces, the taſte whereof did once pleaſe you; &, to conclude, that it is a Maſter-

peece

peece comming from the hands of him, who will be all his life time,

My Lord,

Your most humble, most obedient, and most obliged Servant,

Francis Peter,
(*alias*)
La Varenne.

Friendly

Friendly Reader,

I Have thought it fitting to give you some adviſe concerning the deſigne and uſe of this Book, whereof I am the Author, without vanity. My intention is not to diſpleaſe or offend any, though I doubt not, but that ſome ill-willers, or envious perſons, will ſpeak of it at randome; but to ſerve and ſuccour them who ſhall ſtand in need of it, whereof many having not the experience, or the memory in readineſs, will not, or dare not intrude to learne what they know not, partly through pride, and partly alſo through ſome other conſideration. Some beleeve they wrong themſelves in taking counſel concerning that which, belike, they ought to be skilful in. Some others, having no acquaintance with thoſe who could teach them, are aſhamed to preſent themſelves without a reward, which their want cannot give them leave to reach to. Therefore becauſe I love dearly them of my calling I have eſteemed it my duty to impart unto

unto them: that little which I know, and so deliver them out of this trouble.

As for the use, I have made you up four services, before each of them, you will find the Table, and then the discourse following after; and have divided them according to the several fashions of the meals used in Flesh dayes, Fish dayes, and Lent, and specially Good-friday. I have added many other generall things, whereof you haue the tables and discourses. I have intermixed the Tables, and the making of Pastryworks according to the seasons, and other small household curiosities, usefull for all sorts of persons. If you find some Articles in the Tables, which be not in the discourse, blame me not, I have omitted them because they are common, and I have put them in the Tables to put one in mind of them. Lastly, for a recompence, dear Reader, I ask you nothing else, but that my labour may be profitable and acceptable to you.

The Booke-seller to the Reader.

COurteous Reader; This Book, the matter and title whereof doe seem new, becauſe the like was not as yet printed, will not be, as I think, unfruitfull. There have been many Books and which have been well accepted of, as the charitable phyſician and others, for remedies and the healing of ſickneſſes with little coſt, and without the uſe of Apothecaries. But this book, which tends onely to the preſerving and the keeping of health in a true & conſtant courſe, by teaching how to correct the vitious qualities of meats by contrary and ſeverall ſeaſonings; the ſcope whereof, I ſay, is only to afford unto man a ſolid nouriſhment, well dreſſed, & conformable to his appetites, which are in many the rule of their life, and of their looking well, ought, as I think, to be of no leſſe conſideration, ſince it is ſweeter by farre to make according to one's abilitie an honeſt and reaſonable expence in ſauces, and other delicacies of meats, to cauſe life and health to ſubſiſt, then to ſpend vaſt ſummes of money in drugs, medicinall herbs, potions, and other troubleſome remedies for the recovering of health. This hath perſwaded me, after many ſollicitations of my friends, to

let

let it see the light, and to set it forth in this great City, which makes profit of all, rejects nothing, and where what is not fit for one, is usefull for another. It's author hath told you what use and profit it may bring. And I dare boldly enhanse it, and say, that it is not onely usefull, but also necessary, because that it doth not onely set out the finest and daintiest fashions of making ready meates, pastry works, and other things which are served upon great mens tables, but he gives you also the precepts of the most common and most ordinary things, which are used in the food of households, which onely make a regulated and moderate expense, and in the making ready of which, many doe amisse in the too much or too little; he doth teach you the fashions of a thousand kinds of herbs, and pulse, and other victuals, which are plentifull in the countrey, in their seasons, where the most part are ignorant how to make them ready with credit and contentment: and thus it is cleare, that with great reason I have done this good service to the publick, not onely for daintinesse, but also for necessities sake, considered also, that France carrying it above all other nations in the world in point of civilitie, courtesie, and comelinesse in every kind of conversation, is not lesse esteemed for it's comely and dainty fashion of feeding. And the City of Paris carrying it farre above all other provinces, as the Metropoli-

tan

tan head City, and the ſeat of our Kings, doubtleſſe her inferiors will in this follow the eſteeme that ſhe will make of it. And I hope, that ſince I doe give her the firſt fruits of it, ſhe will accept of them kindly, and others will imitate her: After which other Nations may very well be ſtirred forward to conforme themſelves to her, who as ſhe doth excell in all what belongeth to life, cannot be ignorant of the meanes how to preſerve it contented and peaceable, by the uſe of ſuch things as doe maintaine it, and cauſe it to ſubſiſt. I may aſſure you that for my part I have had a moſt ſpeciall care to ſet it in it's luſter, and to inrich a little its matter, which perhaps will ſeem to ſome criticks, to be leſs worthy of precepts; but the moſt judicious will judge otherwiſe, and will conſider, that all the books both antient and modern, being for the moſt part for the nouriſhment of the ſpirits, there was good reaſon, that the body, without the good diſpoſition of which it cannot act, ſhould have a ſhare in it, and ſpecially in a thing ſo neceſſary for its conſervation. Enjoy it, courteous reader, whilſt I will ſtudy how to put forth to ſale ſome thing which will deſerve your more elevated and ſolid occupations.

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A.

Abbatis, or Abatis.

They are the purtenances of any beast, viz. the feet, the eares, the tongue, &c. They are also the giblets of any foul. viz. the neck, wings, feete, gisard, liver, &c.

Andovilles.

They are the great guts of pork or beef, filled up with thinne slices of tender meat, or small guts of pork well seasoned with pepper, salt, fine herbs, &c some do call them Chitterlings.

Andovillets.

They are balls, or roundish small peeces of minced flesh well seasoned.

Aricot, or Haricot.

It is mutton sod, with a few turnips, some wine, and tostes crumbled among; It is also made of small peeces of mutton, first a little sodden, then fryed in seame with sliced onions; and lastly boiled in broath.

broath with parsley, Isop, and sage; And in anoth fashion, of livers boiled in a pipkin with slic onions and lard, verjuice, red wine, aud vineg and served op with tosts, small spices, and som times chopped haarbs.

B

Blanch, to scald, parboil, or plumme up.

Beatilles.

They are all kinds of ingredients, that may fancied, for to be put together into a pie, or othe wise. viz Cock's combes stones or kidnies, swe breads of veale, mushrums; bottoms of hartichock &c.

Beatilles of Pullets.

Thay are the giblets.

Bard.

It is a sheet of lard or bacon.

Barbillons.

They are the second skin of the pallats of bee

Brignols.

They are a kind of plummes which grow beyo Sea.

C.

Cervelats.

They are a kind of great saucidges made beyo Sea,

Cardes. Cardons. Cardeaux. } *They are the ribs of beets, of ha tichocks, and such like.*

Chapiteau.

It is any work set over the lid of a pie.

Coquemare.

It is a long brasen pot.

Co

A Table.

Cornet.

It is a Coffin of paper, ſuch as the groſsers doe put and wrap fruit, or ſpices in.

E

To endore

It is to wet, or daube with ſome liquor, as one doth a pie or cake before it be put in the oven.

F.

Fleurons.

They are ſmall peeces of puft paſte fryed.

Fricaſſee.

It is a frying with a ſauce.

Farce.

It is any thing made up for to ſtuffe any meate with.

To farce.

It is to ſtuffe, or fill up any meat.

G

Gaudiveaux.

They are forced meat of veale, that is, meat of veale minced, ſeaſoned and wrought into ſmall long peeces like chitterlings.

H

Haſh.

It is minced meat.

L

Lard.

It is fat bacon.

Lardons.

They are ſmall long ſlices of Lard

To Lard.

It is to ſtick any meat with ſlices of lard.

They

A Table.

Meane Lard

They are ſlices of lard, of a middle ſize.

Great Lard.

They are big ſlices of lard.

Litron.

It is a meaſure of one pinte, or a little more.

Legumes.

They are all kinds of pot herbs, as alſo any fruit growing in a garden, as cowcombers, artichockes, cabbidge, meloons, pompkins, &c.

M

Morilles.

They are a kind of excellent ſmal red muſhrums.

P

Pignons.

They are pine-apple kernels

To paſſe in the panne.

It is to fry a little, or to parboile in the frying panne.

R

Ragouſt.

It is a ſauce, or meat prepared with a haut gouſt, or quick or ſharpe taſte.

Ramequin.

It is a kind of toſte.

T

Trouſſles, or Truſſles.

They are a kind of muſhrum.

Tourte.

It is a kind of a great cake.

A Tourte-panne.

It is a pan made of purpoſe for to bake a tourte.

A

A Table of Viands, which are to be had, and are usually served at diverse seasons of the year.

From Easter *to* Midsomer.

Cramm'd Pullets
Turkies of that year.
Green geese.
Lambs.
Dovehouse Pidgeons or Culvers
Leverets
Young wild boares
Partridges
Phesants
Smal birds
Young rabits

From *Midsomer* to *October*.

Young Partridges
Young Culvers
Young Turtle doves
Young Phesants
Young Quailes
Leverets
Wildboares
Turkies
Caponets
Dovehouse pidgeons
Corn fed Pullets
Sea hens
Fat green Geese
Railes
Small birds
Young wild Duck
Fawnes
Kidds

Snipes

Snipes

From the first of *October* to *Lent*.

Fat Capons
Fat Pullet
Spayed Pullet of Normandie
Capons
Fat hens to boyl
Turkie hennes
Turkie Cocks
Lambs
Leverets
Partridges
Woodcocks
Wood Queests
Plovers Sarcelles
Rouges

Wood Pheasants
Water foul
Wood henne
Snipes
Fieldfares
Thrushes
Pullets
Curlues
Dovehouse pidgeons
Fat Quailes
Combs
Givars
Fat powdred Geese
Larkes
Duck
Sucking piggs
Water henns
Hernes
Sea Swallowes

THE

The French Cook.

The manner of making the broath for the feeding of all Pots, be it of Potage, first course or intercourse (middle service.)

TAke knuckles of beefe, the hinder part of the rump, a little mutton, and some hens, according to the quantity of broth that you will have, put in meat proportionably, seeth it well with a bundle of parsly, young onions, and thyme tyed together, and a few cloves; large mace, and some beaten cinamon, keeping alwaies some warme water ready to fill up the pot againe. Then after all is well sodden, you shall straine them through a napkin for your use. And as for Rosted meat, after that you have taken the juyce out of it, you shall set it to boyle with a bundle of hearbs as above saide; seeth it well, then strain it, for to make use of it at your first courses, or for browne potages.

A Table of the Potages th
may be made for to ſerve up in the
fleſh dayes.

Biſque of young Pigeons.
Potage of health.
Potage of partridges with coleworts (or c
bidge)
Potage of Ducks with turnips.
Potage of pullets garniſhed with ſparagus.
Potage of marbled partridges.
Potage of fricandeaux.
Potage of marbled quailes.
Potage of ſtocke doves garniſhed.
Potage of profiteolles (or ſmall vailes)
Queenes potage.
Princes potage.
Jacobins potage.
Potage of cockerell
Potage of teale with hypocraſt.
Browne potage of Larks.
Potage of young pigeons.
Potage of teale with the juice of turnips.
Potage of all manner of ſmall foule.
Potage of pullets with colly flo
Potage of pullets with ſharpe ſa
White broth.
Potage of young pigeons roſted.
Potage of gooſe with peaſe broth.
Potage of gooſe giblets.
Pottage of greene gooſe with greene peaſe

Pottage of poudred goose with peaſe broath. 27
Pottage of pullets with greene peaſe. 28
Pottage of pigeons with greene peaſe. 29
Pottage of ſalted porke with peaſe. 30
Pottage of younge Rabbets. 31
Pottage of Lambs purtenances. 32
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Pottage of a breaſt of veale. 35
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Pottage of pullets with rice. 42
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Pottage of a calfe's head fryed. 45
Pottage of fryed mutton with turnips. 46
Pottage of knuckles of ſhoulders of mutton with ſharpe ſauce. 47
Pottage of roſted woodcock. 48
Falſe a biſque. 49
Jacobin's pottage with cheeſe. 50

How to make all kinds of pottage.

A Bisque of young pigeons.

Take young pigeons, cleanse them we and truss them up, which you shall doe making a hole with a knife below the st macke, and thrusting the legs through whiten them, that is, put them into the p with hot water, or with pot broath, and c ver them well; then put them in the p with a small bundle of fine hearbs, with onion or two peeled and put in whole, a f blades of large mace, and fill up your p with the best of your broths, have a spec care that it may not become black; then your bread, and stove it in the pigeon broa then take up after it is well seasoned w salt pepper and cloves, garnished with t young pigeons, cocks-combes, sweet-bre of veale, mushrums, mutton juice, and staches; serve it up, and garnish the brim the dish with slices of lemon, and bar ries.

2. *Pottage for Heath.*

Take Capons, cleanse them well, t them up, and put them in the pot with bro and cover them, least the broath doe w blacke, season them with salt, a little wh pepper, beaten cinamon, beaten cloves mace, & seeth them well with store of g hearbs; in winter, white succory; then t up and garnish with your hearbs, viz.

carduus, rub the bottome of your diſh with a cloave of garlicke, and parſlie rootes, or ſuccorie, and ſcalded grapes or carved turnips, and ſerve.

3. *Pottage of partridges with Coleworts.*

Cleanſe them well, lard them with great lard, truſs them, and put them in the pot with good broath; put alſo your colworts in the pot with your partridges; after they are ſodden, you ſhall paſſe into it a little melted lard, and ſeaſon them with cloves & pepper, & ſalt, & ſome mace; then ſtove or ſoake your cruſts, garniſh them with ſweetbreads of veale, or with ſaucidges, if you have any, and lemon, and ſalt on the diſh ſides, then ſerve.

4. *Pottage of Ducks with Turnips.*

Cleanſe them, lard them with great lard, then paſs them in the pan with freſh ſeame or melted lard; or elſe roſt them on the ſpit three or foure turnes, then put them in the pot, and take your turnips, cut them as you will, whiten them, flower them and paſs them in freſh ſeame or lard, untill they be very browne; put them in your Ducks, ſeeth all well, and ſtove or ſoake your bread well, to the end that your pottage be thickned; if you have capers you ſhall mixe ſome with it, or a little vineger; take up, and garniſh with Turnips, then ſerve.

5. *Potage of Pullets garniſht with ſparagus.*

After they are well truſſed up, whiten

them well, and put them in the pot with a ſheet of lard over them; fill your pot with your beſt broth, and ſeaſon them with ſalt and a little pepper, some cinamon, beaten cloves and mace, a whole onyon peeled, and a bunch of ſweet hearbs, and let them not ſeeth too much; dry your bread and ſtove or ſoake it, and garniſh it with your pullets, with ſparagus fryed and broken, muſhrums, combs, or the giblets of your pullets, with a few piſtaches, and juice of mutton, and garniſh the brim of your diſh with lemon, then ſerve.

6. Pottage of ſtoved partridges.

When your Partridges are well truſſed up, lard them with great lard, and whiten them, then put them in the pot; ſeeth them well, and ſeaſon them with ſalt, then put in your bread and ſtove or ſoak it; garniſh your pottage with it, and with muſhrums, boyle them a little on the fire, putting therein ſome white almond broth and ſome mutton juice, piſtaches and lemon, then ſerve.

7. Pottage of Quelckchoſes, or Liverings.

Take a fillet of Veale, cut it very thinne, ſtuffe it very well, and cauſe it to take colour in a tourt pan, or betweene two diſhes; put the ſlices thereof into a ſmall pot with ſome of the beſt broth; ſeaſon them, ſoake your bread, and garniſh it with your liverings, muſhrums, ſparagus, mutton juice, piſtaches,

if

if you will, or lemon, then ſerve.

8. *Pottage of ſtoved Quailes.*

After they are truſſed up and whitned, flower them, and paſſe them with lard or freſh ſeame, then put them in the pot, ſeeth them well, and ſeaſon them with ſalt; ſoake your bread, and garniſh it with your quailes, with muſhrums, combs, lemon, and piſtaches, then ſerve.

9. *Pottage of wood-pigeons garniſhed.*

Take wood pigeons, or other big pigeons, whiten, and lard them with middle fiſed lard, then put them in the pot, and ſeeth them well with ſeaſoning of ſalt, and a ſprig of time, pepper whole, a little beaten ginger and ſome large mace; ſoake your bread, then garniſh it with your pigeons, bottoms of hartichocks, and ſparagus, then ſerve.

10. *Pottage of ſmall vailes.*

Take foure or ſixe ſmall loaves, take out of them all the crumme through a ſmall hole made at the top, take off the top and dry it, with the bread, frie them with freſh ſeame or lard, then ſoake your bread, with your beſt broath, and ſprinkle it with almond broath, then put your loaves to garniſh your pottage, and fill them with combes, ſweet breads of veale, gibblets, muſhrums, and cover them; put ſome broath therein untill the bread be ſoaked; before you ſerve, powre on it ſome juice and what you have, then ſerve.

11. *The Queeens pottage.*

Take almonds, beat them, and boyle them with good broath, a bundle of hearbs, and a piece of the inside of a lemon, a few crums of bread, then season them with salt, have a care they burne not, stirre them often, and straine them. Then take your bread and soak it with your best broth, which you shall make thus. When you have taken the bones out of some roasted partridge or capon, take the bones and beat them well in a morter, then take some good broth, seeth all these bones with a few mushrums and straine all through a linnen cloth, and with this broth soake your bread, and as it doth soake besprinkle it vvith almond broth, and vvith juice, then put into it a little of some very small minced meat, be it of partridge or capon, and allvvaies as it doth soake, put in it some almond broth untill it be full; then take the fire shovell red hot, and hold it over it. Garnish your pottage vvith cockes combes, pistaches, granates, & juice, then serve

12. *Princes's pottage.*

Take of the same broth as that of the Queenes pottage, taken out of rosted bones, soake a loafe of bread vvith the crust, and after a small hash of partridges, vvhich you shall strevv upon your Bread, so thinn as it may not appeare, soake it and fill it by little and little, Garnish it vvith the smallest Mushrums, Combes, Kidneys, pistaches, Lemon,

mon, and much juice, then ſerve.

Jacobin's pottage.

To make it vvell, take capons, or partridges, roſt them, take out the bones, and mince the bravvne of them very ſmall; take alſo the bones of them, breake them, and ſeeth them vvith broth in an earthen pot, vvith a bundle of hearbs, then ſtraine them through a linnen cloth, ſoake your bread, lay it on a bed of Fleſh, or of Cheeſe, if you vvill a bed of Almond Broth, and boyle it vvell, and fill it by degrees, then Garniſh it with the ſmall ends of vvings, vvithout bones at on end; take three Eggs, vvith a little Almond Broth, if you have any, or other Broth, beate them together, and povvre them on your pottage; hold the fire-ſhovell over it, then ſerve.

14. *Pottage of cockerels.*

Dreſſe and vvhiten them, ſteeping them a vvhile in freſh vvater, or in Broath, then put them in the pot, vvith ſome other broath vvell ſeaſoned vvith ſalt; Take up, and Garniſh them vvith all that you have remaining of Garniſh, upon a loafe ſoaked and ſerve.

15. *Pottage of Teales vvith hypocraſt.*

Take Teales, dreſſe and cleans them vvell, vvhiten them as above ſaid, and being ſtuffed vvithin vvith ſome lard, frie them a little vvith lard, or freſh ſeame, then put them in the pot; When they are almoſt

ſodden, you ſhall throw in it ſome plummes, with a piece of Sugar, and ſhall Garniſh your potage with the Teals and Plummes.

16. *Brown Pottage of Larks.*

Take Larks, and draw them, whiten them, flower them, and paſſe them in the pan with Butter, Lard or freſh ſeame, untill they be very browne, then put them in the pot with good broth, and a bundle of Hearbs, and boyle them, ſoake a loafe well, which you ſhall garniſh with your Larks, Beefe Pallats, Mutton juice and Lemon, then ſerve.

17. *Pottage of young Pigeons.*

Take young Pigeons, ſcald them well, and put them in the Pot with good Broth and a bundle of Herbs; boyle them well with a ſheete of Lard, then take them out upon a ſoaked loafe, and garniſh them with Artichokes and ſparagus fryed, green peaſe or Lettice, then ſerve.

18. *Potage of Teale with the juice of Turnips.*

Take Teales, and roſt them, then put them in the pot with good Broth, next take ſome turnips, whiten them, flower them, and paſſe them in the pan, ſo that they be very browne, put them with your Teale and ſeeth them together, and when you will take up, ſtrain the turnips through a linnen cloth, for to take out the juice of them, wherewith you ſhall garniſh your pottage, together with your Teale, and with Pomgranates, then ſerve.

19.

19. *Potage of Beatilles.*

Take your Beatills, ſcald them well, paſſe them in the pan as a Fricaſſe of pullets, put them in the pot with good broth, and let them ſtew well, ſoake a loafe, which you ſhall Garniſh with your Beatills, with much juice of Mutton & Rams kidnies, then ſerve.

20. *Potage of pullets with Colliflowers.*

Put them in a pot with good Broath, ſeeth them with a bundle of Herbs, and ſeaſon them wel with Salt, Clove, Pepper; And grate a little Nutmeg or cruſt of Bread, when you are ready to ſerve, Garniſh therewith your loafe ſoaked with Colliflowers, and Mutton juice, and ſerue.

21. *Potage of pullets in Ragouſt.*

When they are roſted, cut them into quarters, then put them betweene two diſhes after the manner of a Ragouſt, with ſome Broath from the pot; ſoake your Bread in cruſt, and Garniſh it with your pullets, putting about a few Muſhrums and ſparagus, then ſerve.

22. *Potage of younge pigeons roſted.*

Put them in the Pot with good Broath well ſeaſoned with ſalt and clove, ſeeth them; then ſoake your cruſts, and garniſh them with your pigeons, and what you ſhall have to put in it: have a care that your potage be browne, then ſerve.

23. *Potage of greene-Goſſe with peaſe-Broath.*

Take Greene-Geeſe, or any thing elſe as you

will, put them in the pot and ſeeth them well, then take your peaſe and ſeeth them well, then paſſe them through a very fine ſtrainer, and put your peaſe broath into a pot with a bundle of herbs, paſſe a little Lard in the pan, and when it is melted, throw it into the pot, and when you will ſerve, ſoake your bread with yout Geeſe-Broath, then power your peaſe-broath over it; Which to make green, you muſt not let your peaſe ſeeth outright, but when they are halfe ſodden, ſtamp them in a Morter, and ſtrain them with good broath; or if it is in winter, take Beetes or Sorrell; ſtamp and ſtraine it, and power the juice about your pottage when you are ready to ſerve.

24. *Potage of Gooſe-giblets.*

Whiten them well, and put them in the pot with broath, a bundle of hearbs and a ſheet of lard; ſeeth them well, ſo that being ſodden they may ſhow white, ſoake your bread and garniſh it with your giblets, which you ſhall whiten if you will, and put on them a few minced capars, then ſerve.

25. *Potage of greene Geeſe with Peaſe.*

Put your green Geeſe in a pot with Broath, after you have prepared and whitned them well; boyle and ſeaſon them well. Frie your peaſe a little in the pan, then put them into a ſmall pot with a little broath, and when they are well ſodden, ſoake your bread, and Garniſh it with your Geeſe and their Giblets

lets, and with your peaſe whole or ſtrained, then ſerve Garniſhed with Lettice.

26. *Potage of powdered Gooſe with peaſe Broath.*

Your Gooſe being well poudered, and cut into four quarters, if it be too much ſalted, water it, then lard it with great lard, and ſeeth it well; When your peaſe are ſod, ſtraine them through a ſtrainer as peaſe-Broath, and ſeaſon it well according to your pallate; Boyle your Gooſe a very little in this peaſe broath, ſoake your bread with other broath if you haue any in another pot, and over the peaſe broath you ſhall powre a little Mutton juice for to Marble it, then ſerve.

27. *Potage of pullets with green Peaſe.*

After your pullets are well ſcalded and truſſed up, put them in the pot with good Broath; and ſcum them well: then paſſe your peaſe in the pan with Butter or Lard, and ſoake them with ſome Lettice whitned, that is, which you have ſteeped in freſh water; ſoake alſo your Bread, and then Garniſh it with your pullet, peaſe, and lettice, then ſerve.

28. *Potage of pigeons with green peaſe.*

It is made like that of Pullets, but that if you will, you need not ſtraine your Peaſe into Peaſe-Broth.

29. *Pottage of ſalt meate with peaſe.*

Seeth well your ſalt meat, be it Porke, or Goo ſe

Gooſe, or any other; take it up and powre your Peaſe-broth over it, then ſerve.

30. *Pottage of young Rabbets.*

When they are flayed, parboyle them, and paſs them in the pan with Butter or Lard, then put them in the pot with good Broath, and a bundle of Hearbs, and ſeeth them as it is fitting, ſoake well your Bread and garniſh it with your young Rabbets, Muſhrums and Truffiles, and with what you have, then ſerve.

31. *Pottage of Purtenances of Lambs.*

After your Purtenances are well whitened, put them in the pot with good broth, a bundle of hearbs, and a ſheet of fat Lard or Bacon, ſeeth them well, and ſoake your Bread, and when you are ready to ſerve, powre white Broth over it.

32. *White Broth.*

Take a pint of ſtrong broth from the boyling of your Purtenances, a pint of Sack, a quart of white wine, & put them into a pipkin together with a douzen of Dates cut in halfes prunelloes, ſome whole, or Cinamon, Ginger, Cloves and Mace, and halfe a pound of white Sugar, with the marrow of two or three bones, let theſe boyle till the marrow be enough, then take it from the fire and thicken it with the yolkes of Eggs being very well beaten and ſtrained through a clean cloth, then garniſh it with Lettice, ſucketts, candid lemon and wafers, and then ſerve it.

33. *Pot-*

33. *Pottage of Larks with a sweet sauce.*

Plume pull and draw them, then flower them, and pass them in the pan with Lard or fresh Seame, then put them in the pot with good Broth, halfe a pint of white wine, and halfe a pound of Sugar, and seeth them well; soake your Bread, Garnish it with your Larks, and serve.

34. *Pottage of Knuckle of Veale.*

Put your Knuckle of Veal in the Pot with good Broth, seeth and skim it well, put therein some white Succorie; soake your Bread, Garnish it with the Knuckle, Succorie and Mushrums, then serve.

35. *Potage of a Brest of Veale.*

Blanch it in fresh water, then put it in the Pot with good broth, seeth it, and put therein some good Herbs, and a few Capers & Sampire, and all being well seasoned, take up your soaked bread, then serve.

36. *Pottage of Mavis, or Thrushes.*

Truss them up, and draw them, then flower them, and pass them in the pan with Butter or Lard, then put them in the pot with good broth, and seeth them well with a bundle of Hearbs; soake your bread, and garnish it with your Thrushes, Beefe-pallets, and Mushrums, then serve.

37. *Pottage of Tortoise.*

Take your Tortoises, cut off the head and boyle them in water, and when they are neer boy'd, put a little white wine therein, some fine

fine Hearbs, and ſome Lard. When they are boyled, take them out of the ſhell, and take out the Gall, cut them into peeces, and paſs them in the pan with good butter, ſome beaten Cynamon, beaten Nutmeg, a little Ginger and a little ſalt, then ſtew them in a diſh, as alſo your Bread, with ſome of your broth, garniſh it with your Tortoiſes well ſealoned, with Sparagus cut, with juice, and with Lemon, then ſerve

38. *Pottage of ſucking pigge.*

After you have ſcalded it neatly, cut it into five peeces, blanch them in ſome broth or freſh water, and put them into the pot with good broth, put ſome fine hearbs to it, and a peece of Lard, but have a care they doe not boyle dry; ſoake your bread, and garniſh it with your pigge, the head in the midſt of the quarters, and the purtenance round about the diſh, then ſerve.

39. *Pottage of minc'd Mutton.*

Take a legge of Mutton, mince it with beefe ſuet, ſeaſon it with ſome beaten Nutmegge, a little pepper and ſome ſalt, and ſtew it in a pot, ſoake alſo your bread in a diſh with the beſt of your broths; After this, garniſh it with your minc'd meat, together with juice, combes, beatilles filled with dry bread, otherwiſe with peeces of bread of the length and bigneſſe of a finger, in the ſhape of Lardons, which you ſhall paſſe in the pan with good butter, untill they be browne, and

and as it were toſted, and ſoake it well alſo, then ſerve.

40. *Pottage of Knuckle of Beefe.*

Stew it well in a pot, untill it be almoſt boiled to peeces, and well ſeaſoned with a bundle of Hearbs, Cloves, capers, Sampire, Muſhrums, Truffles; then ſoake your bread, and Garniſh it with your Knuckle, and its implements.

41. *Pottage of Capon with Rice.*

Take a Capon, draw it well, and put it in the Pot with good broth well ſeaſoned, take your Rice well pickt, waſh and dry it before the fire, then ſeeth it by degrees with good broth; ſoake your bread, put your Capon upon it, and garniſh it with your Rice; if you will, you may put ſome ſaffron to it, and ſerve.

42. *Pottage of Pullets with Rice.*

It is made after the ſame way as the Capon; truſs them up, put them in the Pot, and ſeaſon them alike; Make your Rice ready the ſame way, your bread being ſoaked and Garniſhed as above ſaid, ſerve.

43. *Pottage of Knuckle of Beefe with Tailladins.*

Blanch your Knuckle, ſeeth and ſeaſon it well, and with the broath ſeeth alſo your Tailladin; you ſhall put it with an Onion ſtuck with Cloves, and a little thyme, then ſoake your bread, and Garniſh it with the Knuckle and with your Tailladins, which

are

re peeces of Bread of the length and bigneſſe of one finger, paſſed and fried in the pan with butter, or Lard, as aforeſaid in the 38 Article; if you will, you may put ſome Saffron in it, then ſerve.

Capon with Tailladin, and all other meat is done the ſame way, and being made ready thus, it ſhall be called ſuch meat with Tailladin.

44. *Pottage of the Boyler, or great pot.*

Soake ſome cruſts of brown bread with ſome good broth out of your boyler, great pot, or beefe pot, ſeaſoned with pepper, ſalt, a little minc'd parſley, ſome beaten Cynamon, whole mace, winter ſavory and time, then ſerve; the firſt cuttings of loaves boyled are ſerved in the like manner, without parſley or pepper if you will.

45. *Pottage of a Calfs head fry'd.*

When it is ſodden, take out the bones, and cut it into as many peeces as you will, then cut a few Oyſters either pickled or rawe into ſmall peeces, and mixe them with your meat, then ſeaſon them with a little pepper, nutmeg and ſalt, then flovvre it and fry it vvith butter or lard, then ſoake your bread and garniſh it with what you have fry'd; ſerve the diſh well filled and garniſhed with muſhrums, pomgranats, or ſliced lemons, juice of lemons and Capers.

46. *Pottage of fryed Mutton with Turnips.*

Take the upper ends of breſts of Mutton, fry

fry them, and ſeeth them well, untill they bee fit to receive the turnips, which after you have cut them into ſlices or peeces, and alſo well fryed, you ſhall put with your Mutton well ſeaſoned with clove, pepper, nutmeg, a blade or two of large mace, an onyon peeled and put in whole, ſalt and a bundle of hearbs; ſoake your bread, and take up; if your pottage is not thick enough put a little flower into the broth for to thicken it, and mixe with it ſome white pepper and vinegar, then ſerve.

47. *Pottage of Knuckles of ſhoulders with Ragouſt.*

When your handles or Knuckles are blancht in freſh water, flower them and paſſe them in the pan with butter or lard, ſeeth them in an earthen pan with all the implements which can abide ſeething, as Sparagus, muſhrums, truffles, ſoake your bread or cruſts with good broth, and garniſh it with your handles or knuckles, ſparagus, muſhrums, and all what you have, then ſerve.

48. *Potage of roſted Woodcocks:*

After they are roſted, put them in the pot with good broath and a bundle of herbs, and ſeeth them well; then ſoake your bread, and Garniſh it with your woodcocks, and all what you have, then ſerve.

You may alſo make it in the ſame manner as of marbled partridge.

49. *Halfe a Bisque.*

Take pigeons somevvhat big, open them, and seeth them as the Bisque, whereof you will easily find the making, if you have recourse to the table; garnish and season them also the same way, so that it may be as good as the bisque, if you can, then serve.

50. *Jacobin's potage with cheese*

Take a capon garnished vvith his bones fitted, as vvinges and legs, and some cheese, vvhereof you shall make as many beads as of flesh, and you shall besprinkle all with almond broath, if you can; If it be not thick enough, beat in it tvvo or three eggs, and give it colour vvith the fire-shovell. Novv to make your broath the better, stampe the bones, an boyle them vvith the best of your broaths, vvell seasoned; soake your bread, vvhich you may garnish vvith pistaches, Lemons or Pomgranats, then serve.

A Table of farced Potages.

Potage of farced capons. 1
Potage of young pullets without bones farced. 2
Potage of pullets farced. 3
Pottage of young pigeons farced. 4
Potage of farced ducks. 5
Potage of knuckles (or legs) of veale farced. 6

Pottage

Potage of breaſt of veal farced. 7
Potage of calfe's head without bones farced. 8
Potage of lambe's heads without bones farced. 9
Potage of a leg of mutton farced 10
Potage of farced gooſe. 11
Potage of farced partrid'ges. 12
Potage of turkie farced. 13

2. *How to make the aforeſaid farced Potages.*

1. *Potage of capons farced.*

After they are well prepared, take out the bones at the necke, and fill them up with all kind of beatilles, as young pigeons, the fleſh of capon well minced with beefe ſuet, and when they are well ſeaſoned and truſſed up, put them in the pot with good broath, ſeeth them, and ſoake your bread, which you ſhall garniſh with your capons, and all ſorts of beatills, and ſerve.

2. *Pottage of farced cockerels without bones.*

After they are prepared, take out the ſtomack bone, fill them up with *godiveaux*, which you ſhall make with the fleſh of veale minced with the raw yolkes of Eggs, chibbals, parſley, pepper, or ſpices according to your taſt, all ſeaſoned with ſalt, and after they are truſſ'd up and whitned, put them in the pot, and garniſh them with good ſeaſoning, ſoake them well, take up, and garniſh with what you have, and ſerve.

3. Pot-

3. *Potage of pullets farced.*

When they are well dreſſed, whiten them in freſh water, take up the skinne of them with the finger, and fill them with a farce made of veale or brawn of capon, with ſuet and yolks of eggs, all well minced and mixt together, ſeaſoned with a little pepper, beaten nutmeg, beaten cloves and mace, cinnamon, and ſalt, truſſe them up, and put them in the pot with good broath, ſoake your breade, garniſh it with your pullets, hartichok-bottoms, and ſparagus, then ſerve.

4. *Potage of young pigeons farced.*

After they are well ſcalded, and prepared, the skin taken up, and filled as the pullets, blanch them in freſh water, and put them in the pot with good broath, ſeeth them proportionably, and ſeaſon them with a ſheet of lard, then ſoake your bread, and garniſh it with your pigeons with their livers and wings, the juice of a leg of mutton roſted, and ſerve.

5. *Potage of ducks farced.*

Take out the bones at the neck, fill them up with all the good things you have, as young pigeons, muſhrums, ſweet breads, and other like, make your farce of a lean piece of freſh porke, minced with raw yolkes of eggs, parſley, chibbals, pepper or ſuch ſpice as you like beſt; ſow your Ducks up again, blanch them in freſh water, and put them in the pot with good broath, ſeeth and

ſeaſon

ſeaſon them vvell; temper a little flovver vvith broath to thicken your potage, then ſoake your bread, and garniſh it vvith your ducks, and all vvhat you have, then ſerve.

6. Potage of legs of veale farced.

Cut theſe legs as farre as the loyne, take up the skin of them very neatly, & truſſe up the end of the handle or knuckle, then ſteepe them in freſh water; take the fleſh of them & take out the ſinewes, mince it with beefe or mutton ſuet, lard, yolkes of eggs, and fine hearbs; when all is well minced and ſeaſoned, fill them, and put them in the pot with good Broath, boyle them, and put in ſome Herbs according to the ſeaſon, or a little white Succory; ſoake your Bread, and garniſh it with theſe leggs, which you ſhall blanch, with yolks of Eggs, and Verjuice if you will, then ſerve.

7. Potage of a farced breaſt of veale.

Take a breaſt of veale, open it at the nether end, make a farce with a little meate and ſuet, the crum of a loafe, and all kind of good Hearbs, mince and ſeaſon all; blanch this breaſt, and put in the pot with good Broath; Seeth it with capers, Succory or Herbs minced, ſoake your Bread, garniſh it if you will, and ſerve.

8. Potage of a calfe's head without bones, farced.

After it is well ſcalded, take off the skinne thereof, ſeeth it, and when it is ſodden, take out

out the bones, take out the brayns and th
eyes, for to ſet them in their place againe
Mince well the fleſh vvith Beefe ſuet o
Marrovv, and ravv yolks of Eggs, fos
thicken the farce, then ſet the braynes an
the eyes in their pace againe; When it
farced, ſovv it neatly up, blanch it vvell i
freſh vvater, and put it in the pot vvith goo
Broath; ſeeth it vvell· and next, take ſom
Calfe's feet, and paſſe them in *Ragouſt*
parboyle them in vvater, cleave them in th
middle, and paſſe them in the pan wit
Butter or Lard, put them into your pot vvi
ſome Capers; then ſoake your Bread, Garn
iſh it vvith this head and feet vvith the C
pers, and ſerve.

9. *Potage of Lamb's heads without bones farced.*

Do as vvith the Calfe's head; after the
are vvell ſcalded, take up the skinne, ſeet
them, and vvhen they are ſodden, take th
meat of them, and mince it vvith ſuet an
lard vvell ſeaſoned according to your liking
Farce them vvith a piece of Liver, and
lights of Lambe, Beefe ſuet or Marrov
ravv yolkes of Eggs, parſley and fine Herb
all vvell minced together, blanch it, the
put them in the pot vvith good broath
ſeeth them vvell, and ſeaſon them vvith fi
Herbs; ſoake your bread, and Garniſh
vvith the heads and puttinances, yvhich yo
ſhall blanch if you vvill yvith yolks of Eg

tempered vvith verjuice, and ſerve.

10. *Potage of a legg of mutton farced.*

Take a legg or tvvo of Mutton, take out the bones, and mince the fleſh very ſmall vvith ſuet and Lard, then farce the ſrinne vvith it, and ſovv it up very neatly, ſo that the end of the knucnle be very clean, and all vvell ſeaſoned vvith ſalt and ſpice according to your taſt; put it in the pot, and ſeeth it well with a bundle of Herbs, Capers, and Turnips; ſoake your bread, take up, and Garniſh it with your Turnips, then ſerve.

Or you may farce a Legg of Mutton thus.

Take a Legg of Mutton, and raiſe up the skinne very neatly, and take out the fleſh, then mince it with Beefe ſuet and ſweet Herbs, and Spinage, and two penyworth of grated Bread very fine, then ſeaſon it with a little Pepper, Nutmegg, Cloves and Mace, and ſalt; then put to it ſome Currans very wel waſht and pickt from ſtones and gravell; then put to it halfe a pound of Sugar, then breake in Eggs enough to binde it; then make up and ſtuffe the Mutton with it, then bake it in an Oven, and Garniſh it with the farced Meat that will not goe into the Legg, and put white Broath to it, then ſerve.

Potage of Geeſe farced.

After they are prepared, take out the brisket, and farce them with what farce you will, then flower them, and put them in the

pot with good Broath; ſoake your bread and Garniſh it with your Geeſe, with peaſe, Peaſe-Broath, or what you will, and ſerve.

12. *Potage of Partridges Without bones, farced.*

Take out the brisket, and take ſome Veal or ſome Capon-fleſh, mince it, and ſeaſon it according to your liking with ſalt and ſpice, or fine herbs; Farce your Partridges with it very neatly, put them in the pot with good Breath, and ſeeth them well with a bundle of Herbs, ſoake your bread, and Garniſh it about the diſh with ſparragus, and bottoms of Hartichoaks, then ſerve.

13. *Potage of Turkie farced.*

After it is well prepared, take out the brisket, and take Veal and ſuet, which you ſhall mince very ſmall; thicken your farce with Eggs, and mix with it ſome Beatilles or young Pigeons, ravv yolks of Eggs, put in the pot vvith good Broath, and ſeeth vvell: put Cheſnuts in it, and Muſhrums ſoake a loafe of Bread, and Garniſh it vvith vvhat is in your pot, then ſerve.

For to make the bundle of Herbs, take Chibals, Parſley and Thime, and tye them together.

A Table of Entrees (or first courses) which may be made in the Armies, or in the field.

Turkie with Rasberries farced. 1
Joynt of mutton after the Cardinals way. 2
Knuckle of Veale after the Epigramme fashion. 3
Loyne of Veal with pickle. 4
Ducks with ragoust. 5
Toung Pigeons with ragoust. 6
Toung hennes with ragoust. 7
White pudding. 8
Saucidges of brawne, of partridges. 9
Andovilles, or Chitterlings. 10
Servelats. 11
Pickled pullets. 12
Knuckles of shoulders after the Olivier. 13
Peece of beefe after the English way. 14
Breast of veal stoved. 15
Rosted partridges with ragoust. 16
Neats tongue with ragoust. 17
Porkes tongue with ragoust. 18
Tongue of mutton with ragoust. 19
Rump of mutton with ragoust. 20
Joynt of mutton after the Daube. 21
Turkie after the Daube. 22
Cive of hare. 23
Brest of mutton with arricot. 24
Lamb with ragoust. 25
Surloin of veale with ragoust. 26

Peece of beefe after the Daube. 27
Legg of mutton after the Legats way. 28
Peece of beefe after the marrotte. 29
Rumpe of mutton rosted. 30
Peece of beefe and loynes of mutton after the naturall way. 31
Pigge after the daube. 32
Geese after the Daube. 33
Geese with ragouſt. 34
Teale with ragouſt. 35
Turkie with ragouſt. 36
Pigge with ragouſt. 37
Loyne of veale with ragouſt. 38
Larks with ragouſt. 39
Liver of veale fryed. 40
Veals feet and trotters with ragouſt. 41
Fat tripes with ragouſt. 42
Fried pullets. 43
Young pigeons fryed. 44
Veale Olives. 45
A fricaſe of veale. 46
Fillet of veale with ragouſt. 47
Shoulder of veale with ragouſt. 48
Shoulder of mutton with ragouſt. 49
Breſt of veale fryed. 50
Loyne of a wild-goate with ragouſt. 51
Mutton ſteakes with ragouſt. 52
Beefe after the mode. 53
Beefe in Eſtoffade. 54
Young rabits with ragouſt. 55
Loyne of porke with ſauce Robert. 56
Partridge in Eſtoffade. 57

Ca-

Capon with oisters. 58
Young duck with ragouſt. 59
Tongue of mutton fryed. 60
Liver of veale with ragouſt. 61
Stewed pullets. 62
Calfes head fried. 63
Liver of veale ſtuck or larded. 64
Turkie giblets. 65
Shoulder of a wild boare with ragouſt. 65
Leggs of roebucke (or kid.) 67
Legg of mutton after the Legan way. 68
Farced pigg. 69
Sheeps trotters fryed. 70
Tongue of mutton roſted. 71
Haſh of roſted meate. 72
Haſlets. 73
Haſh of raw meate. 74
Poupeton. 75
Tourte of lard. 76
Tourt of marrow. 77
Tourt of young pigeons. 78
Tourt of veale. 79
Pye of capon without bones. 80
Pie of gaudeveaux. 81
Pie of aſſuette. 82
Pie after the marrotte. 83
Pie after the Engliſh. 84
Pie after the Cardinals way. 85
Pullets with ragouſt in a bottle. 86
Slice of beefe very thyn with ragouſt. 87

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All other ſorts of meates may be put in ragouſt, as Beefe, Mutton, Lamb, Porke any part of it as you pleaſe. Kidd, Hind, w wild Bore; but you muſt take care to ap propriate them, and doe in ſuch manner a they may have a good taſt.

The way of making viandes read for the firſt courſes.

1. *Turkie with Raſpis.*

When it is dreſſed, take up the briſket and take out the fleſh, which you ſhall mince with ſuet and ſome little of Veal-fleſh, which you ſhall mix together with yolkes of Eggs and young Pigeons, and all being well ſeaſoned, you ſhall fill your Turkie with it, and ſhall ſeaſon it with Salt, Pepper, beaten Cloves and Capers, then you ſhall ſpit it, and turne it very ſoftly; When it is almoſt roſted, take it up, and put it into an earthen pan with good Broath, Muſhrums, and a bundle which you ſhall make with Parſley, Thime, and Chibols tyed together for to thicken the ſauce, take a little ſliced Lard, paſſe it in the pan, and when it is melted, take it out, and mix a little flower with it, which you ſhall make very brown, and ſhall allay it with a little Broath and ſome Vinegar; then put it into an Earthen pan with ſome Lemon juice, and ſerve.

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If it be in the Raſpis ſeaſon, you ſhall put a handfull of them over it, if not, ſome Pomgranate.

2. *Legg of Mutton after the Cardinals way.*

Take a Legg of Mutton, beat it well, and Lard it with great Lard, then take off the skinne, flower it and paſſe it in the pan with ſome Lard, and ſeeth it with good Broath, a bundle of parſley, Thime and Chibols tied together, Muſhrums, or Beatulles well fried, and let the ſauce be well thickned, then ſerve.

3. *Leggs or Knuckles of Veale after the Epigramme way.*

After they are well blanched in freſh water, flower them and paſſe them in the pan with melted Lard or freſh ſeame; them break them and put them in a pot well ſeaſoned with Salt, Pepper, Cloves, and a bundle of Herbs, put an Onion in with it, a little Broath and a few Capers, then flower them with ſome paſt, and cover them cloſe with the Pot-lid, ſeeth them leaſurely thus covered for the ſpace of three hours, after which, you ſhall uncover them, and ſhall reduce your Sauce untill all be the better thereby; put ſome Muſhrums to it, if you have any, then ſerve.

4. *Loyne of Veale with Pickle.*

Beat it well, and Lard it with great Lard, Pickle it with Vinegar, Pepper, Salt, Spice, Clove, Lemon, Orenge, Onion, and Rocamary

mary, or Sage; after that, ſpit it, and roſt it, and baſt it with the ſauce untill it be roſted; When it is roſted, ſtove it in the ſauce, which you ſhall thicken with Chippings, or clean flower allayed with Broath, and ſhal Garniſh your diſh with Muſhrums, Beef-palats, or ſparagus, then ſerve.

5. *Ducks with ragouſt.*

Lard them with great lard, and paſte them in the pan, then put them into an Earthen pan or into a pot, and put therein ſome good ſeaſoning of ſalt, beaten ſpice, chiboles, and parſley according to your pallat; ſeeth them well, and garniſh with what you ſhall finde to come neareſt to the colour, then ſerve.

6. *Young Pigeons with ragouſt.*

Plume them dry, draw them, and paſte them in the pan with lard, or freſh ſeame, put them in the pot with good broath, and ſeeth them with a bundle of herbs; when they are ſodden, garniſh them with their livers, and with ſweet-breads of veal, let all be well ſeaſoned with ſalt and ſpice, then ſerve.

7. *Young hennes in ragouſt.*

Take them after they are well mortified, and lard them with great lard, then paſte them in the pan, after you have cut them into halfes, put them in the pot with good broath and a bundle of herbs; ſeaſon and ſeeth them well with truffles, muſhrums, or ſome ſmall pieces of roſted meate, to wit of mutton.

mutton or freſh porke, for to give them ſavour; garniſh them with their livers, piſtaches, or lemon, then ſerve.

8. *White puddings.*

Take the gutts of mutton, and ſcrape them ſo that they be very cleere, then take foure poundes of freſh porke ſuet, and mince it very ſmall; take alſo the brawne of two capons, mince them as duſt, and mix them with your ſuet, next put to it fifteen raw Eggs, one pint of milk, the crum of halfe a white loafe, ſeaſon all well with the ſpice of Saucidges, and a little Aniſeed; the ſpice for Saucidges is prepared thus; Take Peper Cloaves, Solt, and Ginger, beat them well together, then powre all into the guts with a braſs or white latine inſtrument made for that purpoſe, and whiten them in milke, and them on the gridiron with a fat paper under them, then ſerve.

9. *Sauſidges with the brawne of Partridges.*

After your Partridges are roſted, take the brawne of them, and mince it very ſmall, take ſome freſh porke ſuet, foure times as much as of minced meate, mix all together, well ſeaſoned as the white pudding. put alſo ſome milke to it proportionably, and powre all into ſome mutton guts, as the white pudding, which you ſhall alſo whiten in milke and ſhall tye them at the ends; roſt them leaſurely upon ſome fat paper. If you will, you may powre it into the guts of a ſucking

Pig, or Turkie, then ſerve.

10. *Andovilles or Chitterlings.*

Take Caldrons of Veale, and mince them (or cut them ſmall) with ſome Porke ſuet, ſome lard, and ſome Porke fleſh, ſtew them all together in a pot; it being boyled and cold, you ſhall mix with it a little Milk, and ſome raw Eggs, then you ſhall powre it into the great gut of a Hog, with the ſame ſeaſoning as the white pudding: Make ſome with halfe milke and halfe water; when it is made, roſt it on the gridiron with a fat paper, and ſerve.

11. *Servelats.*

Take a Beefs gut, and ſcrape it well, take ſome lard, ſome pork, or mutton fleſh, or any other you will, and after you have minced it well, ſtampe it with pepper, ſalt, white wine, clove, fine herbs, onion, and a little freſh porke ſuet, then powre your implements into this gut, cut it into peeces according to the length of the ſervelat, which you ſhall tye at the end, and ſhal hang it in the chimney. When you ſhall uſe them, ſeeth them in water, and about the latter end put into it a little wine, and ſome fine herbs, when they are ſodden, you may keep them one month, ſerve.

12. *Pullets pickled.*

Take your pullets, cut them in two, and beate them, then ſteep them in Vinegar well ſeaſoned with ſalt and ſpice. When you

will ſerve, flowre them, or elſe make for it a ſmall paſt with two raw Egs, and a little flowre allayed with theſe Egs; fry them with melted lard or freſh ſeame; and after they are fryed, put them in their pickle to ſoake a little, then ſerve.

13. *Knuckles of ſhoulders Olivier way.*

Break them, and blanch them in freſh water, aud wipe them, after they are flowred, paſſe them in the panne with lard, or freſh ſeame. When they are well fryed, put them in the pot with very little broath, and put a bundle of herbs with it, a little onyon fryed with Muſhrums, Capers, Kidneys, and Beefs pallats, all well ſeaſoned with ſalt, ſpice, or pepper, cover them with the lid, and make a peece of ſoft paſt for to cloſe up the pot, leaſt it doth take vent, put it on ſome few coals, and ſeeth them leaſurely, then ſerve.

14. Peece *of Beefe after the Engliſh, or Chalon faſhion.*

Take a peece of beef, of the breſt, and ſeeth it vvell; vvhen it is almoſt ſodden, take it up, and lard it vvith great lard, then ſpit it, vvith a pickle under it in the dripping pan. The pickle is made as for the loyne of veale; vvith this pickle you ſhall baſt it with a bundle of Sage, if it ſticks not faſt to the ſpit, take ſome ſticks, and tye it at both ends. After it is roſted take it off, and

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put it into an earthen pan, then ſoake it with its pickle, untill you are ready to ſerve. Garniſh it with what you will, with capers, or turnips, or with both together; or with beefe pallats, or parſley, or with the pickle it ſelfe, ſo that it be well thickned, then ſerve.

15. *Breaſt of veale ſtewed.*

Let it be of a Veale very white and fat, put it in the oven in an earthen panne, and underneath ſome ſheets of lard, and ſeaſon it, then cover it, untill it hath taken colour, and that it be more than halfe baked: Afterwards fry into it ſome muſhrums, pallats of beefe, capers, and ſweetbreads, ſo that they may mix, and make an end of baking together.

16. *Partridges with ragouſt.*

Dreſſe them, and ſtick them with three or four lardons of great lard, then flowre them, and paſſe them in the pan with lard of freſh ſeame, then ſeeth them in an earthen pan, untill the moiſture conſume well, and ſeaſon them well with ſalt and ſpice. When you will ſerve, take ſome lard, and beat it in a mortar, mixe it with your ragouſt, and ſerve.

17. *Neats tongue with ragouſt.*

Lard it with great Lard, then put it in the pot, ſeeth it, and ſeaſon it with a sharpe ſauce; when it is almoſt ſodden, let it coole, ſtick it, ſpit it, and baſt it with its ragouſt, untill

untill it be rosted, and after you have taken it off, stove it in its sauce with a little onion stamped, a little lard and a little vinegar, then serve.

18. *Porks tongues with ragoust.*

Take them fresh, and passe them in the panne with lard, then seeth them well in a pot, and season them with sharpe sauce; when they are almost sodden, you shall mixe into them an onion stamped, truffles, dry meale, and a little white-wine, and shall soake them in their owne broath; when they are sod, serve.

19. *Mutton tongues with ragoust.*

Take many of them, and after they are well sodden, flower them, and passe them in the panne, soake them with good broath, and passe in them a little onyon, mushrums, truffles, and parsley, all together, well seasoned with salt and peper, nutmeg, cloves and mace, according to your palate, with a little verjuice and vinegar, then serve.

20. *Rumpe of mutton with ragoust.*

Take it sticking to the joynt, lard it overs with great lard, and seeth it with a peece o beefe; when it is halfe sodden, take it up, flowre it, and passe it in the panne, then put it in an earthen panne with good broath, and season it well with mushrums, capers, sampheer, beef pallats, (put into the broath some oyster liquor) cover it, and let it seeth well, then serve.

21. *Leg of mutton after the daubé.*

Lard it well with great lard, then put it in the pot with water and ſeaſon it well; when it is almoſt ſod, put to it ſome white-wine proportionably, and make an end of ſeething of it with fine herbs, lemon or orenge peele, but very little, by reaſon of their bitterneſſe; when you will ſerve it, garnish the brims of the dish with parſley, and with flowers.

22. *Turkie after the daube.*

It is done after the ſame way as the legg of Mutton, except that you muſt bind it faſt before you ſet it a ſeething, plentifully garnished with ſalt, and all kind of ſpice, the ſame ſeaſoning, white-wine, &c. Serve it with parſley.

23. *Civc of Hare.*

Take a Hare, cut it into peeces, put it in the pot with ſome broath, ſeeth it vvell, and ſeaſon it vvith a bundle of herbs, good ſtore of large mace, and ſalt; when it is half ſodden put a little vvine to it, and put into it a little flovver vvith an onion, and a very little vinegar; ſerve it vvith green ſauce, & readily.

24. *Breaſt of mutton in aricot.*

Paſs it in the panne vvith butter or melted lard, then put it in the pot vvith broath, and ſeaſon it vvith ſalt; when it is halfe ſodden, paſs alſo in the panne ſome turnips cut in tvvo, or othervviſe, mixe them together, vvithout forgetting a little lard, fryed vvith-

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a little flower, an onion minced very ſmall, a little vinegar, and a bundle of herbs, ſerve with a ſhort ſauce.

25. *Loine of Lamb with ragouſt.*

Roſt it, then put it into an earthen pot, with a little broath, vinegar, ſalt, peper, clove, and a bundle of herbs; a little ſearced flower, a little onyon ſtamped, capers, muſhrums, lemon, orenge peele, and all being well ſoaked together, ſerve.

26. *Loine of veale with ragouſt.*

Cut it into ribbes, flowre them, and paſſe them in the panne with lard, then put them in the pot, and ſtew them with a little broth, capers, ſparagus, truffles, and when all is well ſoaked, ſerve.

27. *Peece of beefe after the daube.*

After it is halfe ſodden, lard it with great lard, and put it to ſeeth again with the ſame broth if you will; then after it is well ſodden and ſeaſoned, not forgetting the wine, ſerve as the legg (cut ſhoulder-wiſe.)

28. *Legg of mutton after the legats way.*

After you have choſen it well, beat it well, take off the skinne and the fleſh of the knuckle, whereof you ſhall cut off the end; lard it with mean lard, flowre it, and paſſe it in the panne with lard or freſh ſeame. When you ſee it very browne, put it in the pot with one ſpoonefull of broth well ſeaſoned with ſalt, peper, clove, and a bundle of herbs; you may put in capers, muſhrums, truffles,

truffles, cover it with a lid closed up with flowre, neither too soft, nor too hard, allayed in water, and seeth it on a few coales the space of three howres. When it is sodden uncover it, and garnish it with what you have to put to it, as kidneys, bottomes of Artichoakes, sweetbreads, and a short sauce, and about the dish lay cut lemon, or pomegrant, barberries and grapes.

29. *Peece of beefe after the marrotte.*

When it is almost sodden, lard it with great lard, then make a pasty of browne paste of the bigneſſe of your peece of beefe well seasoned of all what you will, and garnished alike with capers. After it hath been seething a very long while with broth, passe into it an onion and garlick stamped, then serve.

30. *Loine of mutton rosted.*

After it is well rosted, take off the skinne, cover it with salt, crummes of bread, and minced parsley, grated nutmegg and orenge peele, minced very finely; then passe it in the panne before, not on the fire, then serve it with verjuice, caper liquor, and some oyster-liquor, and parsley about the dish.

31. *Peece of beefe, and loine of mutton after the naturall.*

Take a peece of Beefe from the Shambles, powder it with a little salt, not too much, lest you may have occasion to use the broth; seeth it well, and take off what hath been salted,

ſalted, as the skinnes: if you will, ſalt it againe, and powder it with ſmall ſalt; ſerve with parſley, or fryed bread about the dish, and ſometimes with ſmall pyes, or ſome thickning of ragouſt.

The Loine of Mutton after the naturall is done as the peece of Beefe; when it is well ſodden, take off the skinne, pouder it with ſalt, garnish the dish about with parſley, and ſerve it warme.

32. *Pigge after the daube.*

After it is well dreſſed, cut it into five parts, then paſſe on it a little of great lard, and put it with broath, whitewine, fine herbs, onion, and being well ſeaſoned with ſalt, and other ingredients, ſerve it with parſley about the diſh.

The ſhort ſauce remaines with it in a gelee to ſerve cold; you may put to it ſome Saffron if you will.

33. *Gooſe after the daube.*

Lard it with great lard, and ſeeth it well, then put to it a pint of white-wine, and ſeaſon it well with all what is fitting for a Daube. If you will paſſe it on the gridiron, and ſerve, cut into foure, with a *Sauce Robert* over it, you may.

34. *Gooſe with ragouſt.*

Take a Gooſe, cut it into quarters, after it is well beaten, flowre it, and paſſe it in the panne, then ſeeth it with ſome broath, ſeaſon it with all kinds of ſpice, and with a bundle

bundle of herbs, garnish it with all its giblets, which are the liver, gisard, wings, and neck; let the sauce be short and thickned, with yolks of eggs allayed in verjuice, then serve.

35. *Teales with ragoust.*

After they are dressed, lard them with middle lard, passe them in the panne, and soake them with well seasoned broth, then put them in againe with a little lard and flowre, onion, capers, mushrums, trusfles, pistaches, and lemon peele all together, then serve.

36. *Turkie with ragoust.*

Cleave it, and beate it, then stick it, if you will, with great lard, flowre it, and passe it in the panne, and then soake it in an earthen panne with good broth, well seasoned and garnished with what you will; seeth it to a short sauce, and serve.

37. *Pigg with ragoust.*

After it is dressed, take off the skinne if you will, then cut it into foure, flowre it, passe it in the panne, being well seasoned for the tast; garnish it with capers, truffles, mushrums, and serve it with a short sauce.

38. *Loine of veale with ragoust.*

After it is well beaten, lard it with great lard, and spit it, then when it is halfe rosted, soake it with good broth, and make a thick sauce with flowre and onyon fryed, garnish with mushrums, artichocks, sparagus, truffles

fles, and its kidneys ſliced, ſerve.

39. *Larkes with ragouſt.*

After they are dreſſed, draw them, cruſh down their ſtomachs a little, flowre them and fry them with lard; after they are very brown, ſtove them, and ſeaſon them with capers and muſhrums; you may put in them ſome lemon peele, or ſome juce of a legge of Mutton, or ſome orange, or a bundle of herbs; take off the fat, and ſerve with what you have to ſerve.

40. *Liver of Veal fryed.*

Cut it into very thinne ſlices, then paſſe them in the panne with lard or butter, well ſeaſoned with ſalt, peper, beaten cloves, and mace, onion minced very ſmall, and one drop of broth, vinegar, or verjuice of grapes; and for to thicken the ſauce, put therein ſome chippings of bread well ſearced; you may ſerve it without ſoaking, leſt it ſhould harden, with capers, ſampire, muſhrums, and garniſhed about the diſh with what you have.

41. *Calfes feet and Sheepes trotters with ragouſt.*

After they are well ſodden flowre them, and paſſe them in the pan with lard, or freſh ſeam; then ſtove them with a little broth, a little verjuice, a bundle of herbs, a peece of lemon, and ſome flowre ſearced, all well ſeaſoned, and the ſauce ſhort, mixe ſome capers and Sampeire cut ſmall with a knife with it, and ſerve.

The

The Sheepes trotters are done the ſame way, after they are well ſodden, and the worm taken away, flowre and fry e them with lard or freſh ſeame, and ſoake them with a litle broth and verjuice, a bundle of herbs, a peece of lemon, and flowre ſeared, all wel ſeaſoned, and a ſhort ſauce, mix ſome capers, and Sampiere with it, then ſerve.

42. *Fat tripe with ragouſt.*

After it is very white, and well ſodden, cut it very ſmall, fry it with lard, parſley, and chibols, and ſeaſon it with capers, vinegar, flower fryed, and an onion; ſoake it, and ſerve.

You may alſo another way, mixe with it yolkes of egges and verjuice for thicknning.

Another way

Take it very fat, cut it and powder it with ſalt, and crummes of bread, roſt it on the gridiron, and ſeaſon it with verjuce of grapes, or vinegar, or juice of orange, or of lemon, then ſerve.

42. *Pullets fryed.*

After they are dreſſed, cut into peeces, and well waſhed, boyl them in good broth, and when they are almoſt ſodden, drain them, and then fry them. After five or ſix turnes, ſeaſon them with ſalt and good herbs, as parſley, chibols, *&c.* allay ſome yolkes of egges for to thicken the ſauce, and ſerve.

44. *Young*

44. *Young Pigeons fryed.*

After they are well ſcalded, cut them into peeces, and paſſe them in the panne with lard and butter, half one, half other, when they are well fryed, throw into it chibols, parſley, ſparagus, pepper, ſalt, beaten cloves, beſprinkle them with broth well ſeaſoned, and ſerve them whitened, or not.

45. *Olives of Veal.*

For to make them, take ſome veale, cut it into ſmall ſlices, and beat them well with the knife haft, mince all kinds of herbs, beef, or mutton ſuet, and a little lard, and when they are well ſeaſoned, and allayed with raw eggs, rowl them among thoſe ſlices of fleſh, fot to ſeeth them in an earthen or tourtre pan; when they are ſodden, ſerve them with their ſauce.

46. *Fricaſſe of Veale.*

Takeſome veale, and cut it into thinne ſlices, flowre them a very little, and paſſe them in the panne, and ſeaſon them with ſalt, with an onion ſtuck with cloves, then ſoak them with a little broth, and the ſauce being thickned, ſerve.

47. *Fillet of Veal with ragouſt.*

Lard it with great lard, ſpit it, and roſt it a little more than half; ſoake it with a little broth, and a bundle of herbs, and cover it well; when it is ſodden, ſerve with a ſauce thickned with chippings of bread, or with flowre and an onion; ſerve it garniſhed with truffles

with truffles and muſhrums.

48. *Shoulder of Veal with ragouſt.*

Blanch and flowre it, then paſſe it in the panne, when it is very brown, ſtove it in an earthen panne, when it is almoſt ſtewed, ſeaſon it with a bundle of herbs, all kinds of beatilles, muſhrums, fry into it a little flowre, a little onion minced, and a little vinegar, then ſerve.

49. *Shoulder of Mutton with ragouſt.*

Beat it well, and take off the skinne, then flowre it, and paſs it in the panne with butter or melted lard, then ſoake it with good broth, a bundle of herbs, and a few oyſters cut ſmal, and good ſeaſoning, garniſh it with what you have, among other things, with capers, lampiere, and ſerve.

50. *Breaſt of Veale fryed.*

After it is blanched, ſeeth it in a great braſſe pot, or in another pot; it matters not if it doth ſeeth with other meat; after it is ſodden, open it in two parts, and make a liquid paſte with a little flowre, eggs, ſalt, and a little parſley, then wet it with this ſeaſoning; next fry it with freſh ſeame, or melted lard; when you have taken it out, throw over it one handful of very green parſley, and very dry, that is, ſearced in the panne with butter very hot, and very brown, ſerve.

50. *Loine of Kidd with ragouſt.*

When it is wel ſtuck, ſpit it, and when it is halfe roſted, baſt it with peper, vinegar, and

and a little broath; thicken the ſauce with ſome chippings of bread, or chippings ſearced, then serve.

52. *Small ribs of Mutton with ragouſt.*

Slice them, then beat and flowre them, then paſſe them in the panne, after they are fryed, put them with good broth and capers, and all being well ſeaſoned, ſerve.

53. *Beefe a la mode.*

Beate it well, and lard it with great lard, then ſeeth it in a pot with good broth, a bundle of herbs, and all kind of ſpices, and when all is well conſumed, ſerve with the ſauce.

54. *Beefe after the Eſtoffade.*

Cut it into very thin ſlices, and being well beaten, flowre them, and paſſe them in the panne with lard; then put them in an earthen panne, or in a pot with good broth, all well ſeaſoned, ſerve with a ſhort ſauce.

55. *Young Rabbitts with ragouſt.*

You may fry them as pulletts, or paſſe them in the panne with a little flowre mixed with butter, then ſoake them with good broth, and ſeaſon them with capers, juice of orenge or lemon, and a bundle of herbs or chibol; ſerve.

Another way.

After they are roſted, cut them into peeces, paſſe them in the panne, and ſoake them in a diſh with juice of orenge, capers, a few chippings of bread; let the ſauce be ſharpe and short; ſerve.

Loin,

56. *Loine of Porke with Sauce-Robert.*

Lard it vvith great Lard, then roſt it, and baſt it vvith Verjuice and Vinegar, vvith a bundle of Sage. After the dripping is fallen, take it to fry an onyon vvith, vvhich being fryed, you ſhall put under the Loyne, vvith the ſauce vvherevvith you have baſted it. All being a little ſoaked together, leſt it may harden, ſerve. This ſauce is called *ſauce Robert.*

57. *Partridges after the Eſtoffade.*

Lard them with great lard, and paſſe them in the panne with butter or melted lard; when they are very browne, put them in the pot with good broath, and ſeeth them well ſeaſoned. For the garniſh, you ſhall have truffles, muſhrums, fryed ſparagus, wherewith you ſhall ſoake them, ſerve with lemon and piſtaches. If the ſame be not thickned enough, take a little flowre, or of your thicknings, and doe not thicken it too much, leaſt it be too thick.

58. *Capon with Oyſters.*

After your Capon is dreſſed, and barded with lard, and with butter'd paper over it, roſt it, and as it roſteth, put under it a dripping panne; after you have well cleanſed your Oyſters, you ſhall blanch them, if they are old, when they are well cleanſed, paſſe them in the panne with what is fallen from your Capon, and ſeaſon them with muſhrums onyon ſtuck, and a bundle of herbs. After the

they are well fryed, you ſhall take out the bundle of herbs and the reſt, you ſhall put it into the body of the Capon, which you ſhall ſtove with a few capers, then ſerve.

Or thus, a Capon with Oyſters.

Take your Capon and draw it, and vvash it very cleane, then take your Oyſters, and vvash them cleane from the gravel with white vvine vinegar, then take a loafe and grate it, and mince ſome ſpinage and ſvveet-herbs finely, put theſe to your Oyſters; then ſeaſon them vvith a little beaten peper, nutmegg, ſalt, and an onyon minced, then break three or fovvre nevv eggs to them, mix theſe togeather, and ſtuffe your Capon vvith it, and vvhen it is at the fire, put into the dish underneath, a little claret vvine, ſome capers, and ſampheere cut ſmall, and a good quantity of large mace, baſt your capon vvith this till it be almoſt enough, then take it from under the Capon, and take off the fat, then thicken it vvith the yolks off tvvo Eggs, and a peece of ſvveet butter, and put to it ſome Orenge peele, minced ſuet, vvith ſcalded parſley, and ſerve.

59. *Young Ducks with ragouſt.*

After they are dreſſed, paſs them in them panne with butter or lard, then ſoake them in an earthen panne with good broath, and a bundle of herbs, all well ſeaſoned; when they are wel ſodden, and the ſauce wel thickned, put in it capers, muſhrums, truffles, and ſerve.

60. *Younge*

60. Tounges of *Mutton fryed with ragouſt and fritters.*

Take your Tongues, cleave them in the midſt, then paſs them in the pan with butter or melted lard, and ſeaſon them wel, then put them into a diſh with verjuice and nutmeg; afterwards take a little flowre and allay it with an egge, and the ſawce which is under your tongues, which you ſhal powr into theſe preparations, fry it with melted lard, or freſh ſeame; after it is fryed, throw into the panne one handfull of parſly, and have a care that it may remain very green; ſerve them dry, or with a pickle, and the reſt of your ſauce.

61. *Liver of Veal with ragouſt.*

Lard it with great lard, and put it in a pot well ſeaſoned with a bundle of herbs, orange peele and capers; and when it is well ſodden, and the ſauce thickned, cut it into ſlices, and ſerve.

62. *Stewed Pullets.*

Cut them very ſmall, and ſeeth them with a little broath, white wine, and very new butter, ſeaſon them with chibols, and parſley minced together; when they are ſod, allay ſome yolks of egges, with ſome verjuyce for to thicken the ſawce, and ſerve.

63. *Calfes head fryed.*

After it is dreſſed and ſod, you ſhall take out the bones, then you ſhall make a liquid paſt with egges well ſeaſoned; dippe the head into it, and fry it with freſh ſeame; after

it is wel fryed, powder it with ſalt, juice of lemon or verjuice; then ſerve it with fryed parſly.

64. *Liver of Veale ſticked.*

Stick it very thick with Lardons, then ſpit it, and make a pickle under it, wherewith you ſhall baſt it as it doth roſt, to the end that the pickle may turn it ſelf into a ſawce; after it is roſted, ſtove it with capers, and ſerve.

You may uſe Veale liver for to thicken ſauces; and at other times for to make gray pudding.

65. *Turky Giblets.*

Blanch them in freſh water, and ſeeth them with good broath, when they are almoſt ſod, paſs them in the pan with lard, and good ſeaſoning; let the ſauce be ſhort, and ſerve.

66. *Shoulder of wild Boare with ragouſt.*

Lard it with great lard, then put it into a kettle full of water, with ſalt, pepper, and a bundle of herbs; take heed you doe not ſeaſon it too much, becauſe the broth muſt be reduced to a ſhort ſauce: When it is more than halfe ſod, you ſhall put to it a pint of white wine, clove, and a bay leaf, or a twigge of roſemary; then when it is wel ſod, and the ſauce ſhort, you ſhall thicken it, which for to do, you muſt melt ſome lard, and fry a little flowre in it, then put to it an onion minced very ſmall, give a turne or two in the panne, and powre it into your ſauce, which you ſhall ſtove with capers, and muſhrums, after all is well ſeaſoned, ſerve.

67. Legs of roebuck or wild goat.

They may be done as the ſhoulder of Wild-boare; as alſo the loyne and the ſhoulder; or elſe after you have larded them with great lard, you may paſs them in the panne likewiſe with ſome lard and flowre, after which you ſhall ſeeth them with broth, and ſhall thicken the ſauce alike.

68. Pigge farced.

Take him from under the ſow, blood him in water ready to boile, ſcald him, cut him between the thighs, take off the skinne, the tail, the feet, and the head, then let them ſteep til you have uſe for them; let the body alone, you will find it afterwards wel enough; for to farce it take ſome veal and beef ſuet, ſtamp them wel after the way of *Gaudiveaux*, then fill the skinne with it, with muſhrums paſſed in the panne, young pigeons, ſweetbreads, a bundle of fine herbs, and with all what you have, untill it hath the ſhape of a pigge, ſowe up what is open, truſs it up, and blanch it in water, ready to ſpit. An houre and an half before dinner ſpit it through the head, wrap it up with buttered paper; and tie it at both ends with ſplinters of wood, and as it is roſting baſt it with butter. When it is roſted, take off the paper and the thread, ſo that it may not ſeem to have been farced, then ſerve.

The body of this Pigge being flayed blanch it but very little, ſtick it vvell, and roſt it

it as if it vvere vvhole or like a Lamb; vvhen it is roſted, you may ſerve it vvith a green ſauce.

69. Calves feet fryed.

After they are wel ſod, cut them very ſmall, and paſs them in the pan vvith lard or butter; after three or four turnings, put to it chibols, and parſley minced together. Immediately after put into it a very little broth, and ſeaſon all vvell. When it is ready to ſerve, allay ſome egs propottionably to your meat; as for four feet, three eggs, vvith verjuice of grapes, or common; you may uſe Gooſeberries inſtead of verjuice of grapes; then your ſauce being ſhort, mixe your thickning vvith it, and ſerve.

Sheeps trotters are done the ſame way, take them very white, and well ſod, cut them very ſmall, and take out the worme which is in them, then fry and ſeaſon them with parſly & chibols minced together, make your thickning as aboveſaid, mixe it, and ſerve.

70. Mutton tongues roſted.

Flaye them and cut them in the midſt, then drippe them, that crums of bread, and fine ſalt may ſtick on them, and put them on the gridiron; make a ſawce with a little broth, new butter, chibols and whole parſley, a few chippings, ſalt, pepper, nutmegs, all paſſed together in the panne, then ſoak the tongues with the ſawce; when you are ready to ſerve, garniſh your plate or diſh, if it is in

winter, with capers, lemon juice, or mushrums, then serve.

Another way.

After they are sod, season them, and slit them in the middle, then fry them with a liquid batter. Serve with lemon juice, and fried parsly, then garnish,

Another way with ragoust.

Clense them well, take off the palats, and cut them in the midst, put alsoon them crums of bread, and small salt, roast them, and after they are rosted, put them in the dripping-panne under the rost meat, then put on them some sweet herbs very finely minced & lemon peele with some beaten nutmeg, make a sauce with parsley, chibols, or onion minced small, fresh butter, and verjuice of grapes, and when you are ready to serve, allay the yolks of egges in your sauce, and powr it on your tongues, then serve readily.

Another way.

Take your Tongues halfe sod or rosted, flay them, then soak them in a pot with some broth, and pass them in the pan vvith melted lard, a little meal, some minced onion, all vvell seasoned, serve them garnished vvith vvhat you have, among the rest, vvith minced capers, vvith a shore sauce.

Another way.

After your Tongues are rosted and sticked, serve them soaked in a short sauce, thickned as above; or else you may soak then vvith a sweet sauce.

71. *Achis of roſt meat.*

The Achis of roſted meat, be it Gallimaffree, or other, is thus made. After you have taken up the skinne cut the ſhoulder near the handle, take out the bones out of the handle, and put the skinne before the fire; you alſo ſhall take out the ſpade bone, and mince the meat very ſmall vvith capers and parſley; vvhich being done ſoak it vvith a chibol or an onion ſticked all vvel ſeaſoned; and to the end that your Achis be the more dainty, put in it a little crums of bread and nevv butter, if you will, put it into a diſh or on a plate, and beſprinckle it with its owne juice, or with ſome other, and the skinne over it, then ſerve; you may garniſh it with pomgranate, lemon, or boyled bread.

The Achis of Partridge is done the ſame way, except that you may feed it with juice, and garniſh it with what you will think fit.

72. *Haſlets.*

Take a fillet of Veal, cut it into very thin ſlices where there is no ſtrings; ſtick your ſlices vvith lardons, and bake them in a tourt pan covered, then ſoak them vvith a little broth, thicken your ſauce, and ſerve them garniſhed

73. *Achis of rav meat.*

Take vvhat meat you will, take out the ſtrings, and mince it vvell, blanched or not mince vvith it tvvice as much beef ſuet neer the

the Kidney, having taken out the ſtring; then, when all is well minced, and well-ſeaſoned, allay it with broth, and ſtove it, you may garniſh with Cheſnuts, or what you ſhall have fit to garniſh with; when it is ſod, ſerve it with fat.

74. *Poupeton.*

Take fleſh of veal, and beef, or mutton ſuet, mince them well together, and ſeason them, mixe ſome eggs with it to bind the farce, and then cut three or four bards of lard, over which you ſhall ſpread your minced fleſh, which you ſhall cover with young Pigeons, Beatills, ſweetbreads, ſparagus, muſhrums, yolks of eggs, Kidneys, combes, hartichoakes, and over all that, you ſhall yet put ſome fleſh, and all being well ſeaſoned, bake it, then ſerve.

75. *Tourt of lard.*

Take ſome Lard, cut it, and melt it between two diſhes, ſeaſon it like the Marrow tourt, which you ſhall find in the next article; when it is baked, then ſerve.

76. *Tourt of Marrow.*

Take ſome Marrow, and melt it, after it is melted, fry it, and mixe it with ſugar, yolks of eggs, piſtaches, or almonds ſtamped; next make a very thinne ſheet of fine paſte, on which you ſhall lay your implements, raiſe the ſides if you will; bake it, and ſerve it ſugred.

77. *Tourt of young Pigeons.*

Make your paſte fine, and let it reſt; then take your young Pigeons, cleanſe and blanch them; if they are too big, cut them, and take gaudiveaux, ſparagus, muſhrums, bottoms of hartichoaks, beef marrow, yolks of eggs, carduus, beef palats, truffles, verjuice of grapes, or goosberries; garniſh your Tourte with what you have, without forgetting the ſeaſoning, then ſerve.

78. *Tourt of veal.*

Take a peece of Veal, blanch it, and mince it with twice as much of beefe ſuet, after it is well ſeaſoned, make a ſheet of fine paſte, put your meat on it, in the middle of which you ſhall put what you have, as *beatills*, &c. Sugar it if you will, and when it is baked, ſerve.

79. *Pie of capon without bones.*

After you have taken out the bones, farce it within with all kinds of *beatils*, and ovillets, muſhrums, truffles, marrow, capers, *cardes*, ſweetbreads, and *gaudiveaux*, when it is farced, dreſſe it upon fine paſte, binde it above with buttered paper, tye it with a thread, and cover it well ſeaſoned, when it is baked, ſerve.

80. *Pie of* Gaudiveau.

Dreſſe up your paſt into an oval, garniſh it with your *Gaudiveaux*, in the midſt of which you ſhall put all kinde of garniſh, as muſhrums, the livers of fat capons, *cardes*, yolks

yolks of hard eggs, ſweetbreads, and ſeaſon all well, binde it at the top with paſte, and when it is baked, ſerve with a ſauce of verjuice, yolks of eggs, and nutmegs.

81. *Pie of* Aſſiette.

Take ſome flaſh of Veal and Beef, or Mutton ſuet, make with them a kind of *gaudiveaux*, then dreſſe up your paſte very neatly half a foot high, and fil it with a bed of fleſh, and over it another bed of muſhrums, another of *cardes* or *cardeaux*, or of young Pidgeons, beef palats, Kidneyes, and yolks of eggs, ſo that the upper bed be of your *gaudiveaux*, cover and ſeaſon it, then ſerve.

82. *Pie after the Marotte.*

Take ſome Rye flower, which you ſhall ſalt, make your paſt with it, and make it up in the ſhape of a pie, then take a hare or two, or two joints of mutton with a little beef ſuet, which you ſhall mince together very ſmall, and ſeaſon it, then make up your pie, on the top of which you ſhall leave a vent; after it hath been baking three hours, take it out, and fill it with good broth, put it into the oven again, and when it is quite baked, ſerve.

83. *Pie after the engliſh faſhion.*

Take a Leveret, or a Hare, mince it well with beef, or mutton ſuet, or with the braun of Capon, mixe all well together, and ſeaſon it, put in it if you will, capers and ſugar. Make your paſt thus; after it is flowred

ſpread

ſpread it, and plate it into three or four doubles, as a napkin, laying ſome new butter on each bed of the paſte, ſo that to one pound of paſte, there be half a pound of butter proportionably. After it is thus made, let it reſt a while, and then make up your pies, which you ſhall garniſh at the outſide with butter'd paper; bake it well, endore it with the yolk of an egge, and ſerve.

84. *Pies after the Cardinal's way.*

Make up your Pies very high and very narrow, fill them up with *gaudiveaux*, and cover them ſo, as the lid be alſo very high; then ſerve them, ſpecially for a garniſh to a peece of beef, or upon a plate.

85. *Pullets with ragouſt in bottle.*

Take all the bones out of a Pullet, put the skin thereof into a bottle without oſier, and leave without the overture or hole of the neck, which you ſhall tye to the neck of the bottle, then make what farce you will, with muſhrums, truffles, ſweetbreads, young pidgeons, ſparagus, and yolks of eggs, wherewith you ſhall fill up the Pullet or Capons skin, which you ſhall tie up, and let ſlip into the bottle, which muſt be ſtopt with paſt; ſeeth your Ragouſt well ſeaſoned in the great pot, out of which you ſhall take it, a little before you ſerve, and ſtove it before the fire, and when you are ready to ſerve, cut this bottle with a diamond, ſo that the bottome may remain full and whole, then ſerve.

A Table of the meats which may be ſerved in the ſecond courſe.

The pheaſant	1
The wood-henne	2
The Rouge	3
The Turtle dove	4
The young Leveret	5
The Quaile	6
The Partridge	7
The young pidgeons	8
The Capon	9
Cramm'd pullets	10
Turkey	11
Young Ducks	12
Wood-pidgeons or ſmall ſtock Doves	13
Cockrels	14
Lamb	15
Teales	16
Goſeling	17
The young Wild-boar	18
Young rabbits	19
Thruſh	20
The Raile	21
Young Partridges	22
Young Quailes	23
Young Turkies	24
Plouers	25
Loine of ſtag	26
Filet of ſtag	27
Loine of Roebuck (or of Wild-goat)	28

Ortolans	29
Fieldfares	30
Woodcocks	31
Snipes	32
Stockdoves	33
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Pigge sticked	35
Wild-goose	36
Tame Goose	37
Water-hennes	38
Capon with watercresses	39
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Whitetailes	41
Heron	42
Chine of a Hare	43
Shoulder or loine of Wildboare	44
Tame pork	45
Fawn of a Hinde	46
Fawn of Roebuck	47
Fillet of Roebuck	48
Breast of veal farced	49
Surloine of Mutton	50
Loin of Mutton	51
Ribbe of beef	52
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The way of dreſſing and ſerving meat for the ſecond Courſes.

Before we diſcourſe upon the manner of dreſſing viandes; I adviſe you to garniſh your diſhes with the flowers according to the ſeaſon and conveniencie. And at the end of this part you ſhall find how to make ſauces which are mentioned in ſome of the enſuing diſcourſes.

1. *the Pheaſant.*

WHiten it on the fire, that is, plump it on the Gridiron, & leave it one wing, the neck, the head, and the taile, ſtick it with lardons, and wrap up what is more with butter'd paper; roſt it, ſerve, and unwrap it.

The Henne, and the *Rouge* are done the ſame way.

2. *The Turtle dove.*

When it is dreſſed, ſtick it, and ſpit it.

3. *The Leveret.*

After it is flayd, whiten it on the fires endore it with its blood, ſtick it, and ſpit it; when it is roſted, ſerve with a *Poivrade*, or with a ſweet ſauce.

4. *The*

4. *The Quaile.*

After it is dreſſed, blanch it on the fire and *barde* it with a ſarde of ſarde, which you ſhal cover with vine leaves in their ſeaſon; when it is roſted, ſerve.

5. *The Partridge.*

After it is dreſſed and blanched on the fire, you muſt ſtick it well, roſt it, and when it is roſted, ſerve.

6. *The capon.*

After it is dreſſed, if it be exceeding fat, cover it with a fat paper, and put it into an onion ſtuck, ſalt and a little pepper; when it is roſted, ſerve.

7. *Young Pidgeons roſted.*

As they come out of the Dovecoat, blood them in water, then ſcald and dreſſe them; you may cover them if you will with Vine leaves, or ſtick them; when they are roſted, put a *poivrade* under them, and ſerve.

8. *Cram'd Pullets.*

You muſt plume them dry, dreſſe them and blanch them on the fire, then ſtick or blanch them, roſt them, and ſerve.

9. *Turkie.*

It muſt likewiſe be plumed dry, blanch it on the fire, roſt it, and ſerve.

10. *Young Ducks.*

Dreſſe them, and blanch them on the fire, and if you will, ſtick on them four little roſes of lardons upon the four joynts; when

when they are rosted, serve with a *Poivrade*.

11. *The Wild-Pigeon.*

After it is well dressed, stick it, spit it, and serve.

12. *Cockerels.*

Dresse them, and blanch them on the fire, then stick and rost them, and serve.

You may serve them dry, or with a sauce made with water, salt, peper, and chibols minced.

You may also serve them with ragoust, as the *Sea-henne*, of which hereafter, in the article 54.

13. *Lamb.*

If it is fat, after it is rosted, throw on it the crums of Bread, with a little salt, and parsley if you will, and serve.

14. *Teales.*

After they are well dressed, spit them, and when they are rosted, serve them with Orange.

15. *Gosling.*

As it comes from the old Goose, scald and dresse it, cut off the neck close to the body, and the leggs, and after it is blanched on the fire, and trussed up, set it a rosting, and make a farce to put under it, with its liver, and store of good herbs minced together, which you shall passe in the panne with lard or butter, and some yolks of eggs, all well seasoned, and serve.

16. *Young*

16. *Young Wildboare.*

Take off the skinne as farre as the head, dreſſe it, and whiten it on the fire, cut off the foure feet, ſtick it with lardons, and put in the body of it a bay leaf, or ſome fine herbs; when it is roſted, ſerve.

17. *Young Rabbits.*

Dreſſe it, whiten it on the fire, ſtick and roſt it with verjuice under it, and ſerve.

After it is roſted, you may put ſome ſalt, a little peper, and juice of Orenge in the body of it, and ſtirre all well together, then ſerve.

18. *The thruſh.*

After it is pulled, truſſe it up, and blanch it, ſtick it and ſpit it, put a toſt under it, and a ſauce with verjuice, a little vinegar, onyon, and orenge peele, then ſerve. So is the Fieldfare done.

19. *The Rayle.*

It is done as the Thruſh, without drawing it, ſerve.

20 *Young Partridges.*

Dreſſe them and blanch them on the fire, ſtick them with lardons, roſt them with verjuice under, then ſerve.

21. *Young Quailes.*

They muſt be covered with vine-leaves in the ſeaſon.

22 *Young Turkies.*

Pull them warme, let them mortifie, then dreſſe them, and blanch them on the fire, ſtick

ſtick them and roſt them, then ſerve.

23. *Plover.*

After it is pulled, truſs it up, and blanch it, then lard it, and roſt it; ſerve it vvith a ſauce and toſt under it.

24. *Loine of Stagge.*

Take off all the skinnes, ſtick it, and ſpit is, ſerve it vvith a Poivrade.

The Fillet is done up like the Loyn with Poivrade.

The Loine of Roebuck is alſo done the ſame vvay.

25. *Ortolan.*

After it is dreſſed, truſs it up, and barde it vvith lard, and vine leaves over it in the ſeaſon; (In the Spring it muſt be dravvn) after it is roſted, ſerve.

26. *Field Fare.*

Dreſs it as the Thruſh above, numb. 18. and vvith the ſame Sauce.

27. *The Woodcock.*

When it is pulled, truſs it vvith its bill, which is inſtead of a prick, vvhiten it on the fire, and ſtick it; roſt it vvith a toſt under it, in the vvay of a Poivrade, vvith the juice of orange, then ſerve.

The Snipe is done after the ſame vvay.

28. *Another way for the Snipe.*

Dreſs it as the Ortolan, only that ſome do draw them, which is very fitting at any other ſeaſon but Winter, becauſe theſe birds, in the Spring, Summer, and Autumn, live on nothing

thing but Caterpillars, Ants, Lice, Herbs, or Leaves of trees but howſoever drawn or not, cover it with vine leaves in the ſeaſon, ſpit it and roſt it, ſo that it be not too dry, and ſerve.

29. *The Stockdove.*

After it is dreſſed, whiten it on the fire, ſtick and roſt it, with a poivrade under it, and ſerve.

30. *Loyne of Veal.*

After it is mortified, and blanched, ſtick it very thick, roſt it and make a ragouſt with verjuice, a little water, a little vinegar, orange peele, and chippings of bread, then ſerve it well ſeaſoned.

31. *Pigge ſticked.*

Take off the skinne, cut off the head, and the four feet, whiten it in warm water, and ſtick it, or if you will, bard it half; when it is roſted, ſerve with crums of bread, and ſalt upon it.

32. *Wild-gooſe.*

After it is dreſſed, blanch it on the fire, and lard it only on the quarters like a little roſe, roſt it and ſerve.

The tame Gooſe is done the ſame way

33. *Water henne.*

After it is pulled, draw it, blanch it on the fire, ſtick and roſt it with a Poivrade under it, and ſerve.

34. *Capon with Watercreſſes.*

Bard it with lard and roſt it, ſeaſon your

Cre

Creſſes with ſalt and vinegar, or otherwiſe dead in the Capon ſauce with a little vinegar, then ſerve.

35. *Sucking Pig to the natural.*

Take it from the Sow, ſcald it, dreſs it, and roſt it with a bundle of herbs, ſalt, and peper in the body of it, then ſerve.

Another way.

Take it alſo from under the Sow, blood it, water ready to boyle, and when it is ſcalded empty it at the ſide, truſſe up the fore feet towards the neck, and there behind with a prick, blanch it in warm water, and ſlice on the body; to roſt it, put into the ſtomach of it an onion ſticked with cloves, fine herbs a little butter, ſalt, and a little peper, then ſow up the overture, or hole, and roſt it. That you may not be troubled with baſting of it, rub it vvith oyle Olive, thus he taketh good colour, and the ſkinne is very tender vvhen it is vvel roſted, ſerve garniſhed vvith flovvers.

You may baſt it with ſalt and water, or else rub it with ſome lard.

36. *Whitetayles.*

Pul them, and leave them their heads and draw them, truſs up their legs as the Woodcocks, then vvhiten them on the fire and ſtick them, or if you vvil in little roſes on the thighs; vvhen they are roſted, ſerve vvith a Poivrade under.

37. *Here*

37. *Heron.*

Pul it, and dravv it; then ſeek out ſix galls vvhich are on the body of it, and a ſeventh vvhich is vvithin, truſs up the legs along the thighs, blanch it on the fire, and ſtick it, vvrap up the neck vvith butter'd paper, then roſt it, aud vvhen it is roſted, ſerve.

38. *Chine of Hare.*

After you have taken off the skin, and empryed him, cut him chine-vvay, that is, as far as the ſhoulders, then take off three skins vvhich are on't, then truſs it up behind, ſtick and roſt it, and ſerve vvith a poivrade.

39. *Shoulder or loyn af Boare.*

After you have beaten it vvel take off the Veniſon of it, vvhich is commonly called the Lard; then ſtick it, roſt it, & ſerve it with a Sauce Robert, or with a Poivrade.

As for the Loine, lard it with great lard, and paſs it in the panne with freſh ſeam and flowre, then ſeeth it with broth and water in a great earthen panne, or kettle, ſeaſon it wel, and when it is almoſt ſod, put into it a pint of white wine, and all being reduced to the proportion of a ſauce, you may ſerve it under the ſhoulder, or if you wil ſerve it dry, it muſt be more ſharp.

40. *Tame Pork.*

You may diſguiſe it near hand like the wild Boare, that is, after you have beaten it well, you ſhall endore it vvith blood, and a vvhile after ſtick it, and ſpit it, not forgetting

vvel

well to indore the feet with blood before it be rosted, serve it as the bore, with sauce, or without it.

41. *Faun of a hinde.*

Before it be mortified too much, dresse it very neatly, trusse it up, and take off some skirts which are on it, and look like slime; then blanch it on the fire for to stick it, so that it be not too much blanched, because it would put you to too much trouble to lard it; take heed also least you burne the head, or least the hare of it become black, spit it, and wrap the head with butter'd paper; when it is rosted, serve with a Poivrade.

42. *Faune of Roebuck.*

Dresse it as above written, trusse it up, and lard it, wrap up the head also with buttered paper, and when it is rosted, serve it with a poivrade, orange, or sweet sauce.

43. *Fillet of Roebuck.*

After you have stuck it, rost it wrapped up with butter'd paper, after it is rosted, serve it with a poivrade.

Another way.

You may lard it with mean lard, and stick it on the top with smaller lardons; when it is at the spit, make a pickle under it, and after it is rosted, stove it, and serve.

44. *Breast of Veale farced.*

Take it white and fat, and let it steep in water till your Farce is ready, which you shall make thus; Take of the flesh of a Fillet

of Veal, Beefe ſuet, crums of bread boyled, capers, muſhrums, a few fine herbs, and yolks of egs, mince all together well ſeaſoned, and farce the breaſt with it; which being done, cloſe it up with pricks, or ſow it up, and blanch it in warme water; this is to ſerve it boyled.

For to roſt it, put into your farce pallats of beef and other things, and fill it not ſo much as to boyl, after you have ſtuck it, and ſpitted it, make under it what ragouſt you will; after it is roſted, and the ſauce well ſeaſoned, ſoake it with it, and ſerve.

45. *Surloin of Mutton.*

To ſerve it with ragouſt, in ſteakes, or whole, you muſt paſſe it in the panne with butter or melted lard, being flowered, then ſoake it with broath, a bundle of herbs, and capers. ſeaſon it with peper, beaten cloves and mace, and ſalt, and to thicken the ſauce, fry a little flower with ſome larde; and when the flowre is browne, put to it a minced onyon, and a drop of vinegar; let all ſoake together, and ſerve garniſhed with what you have. You may roſt it ſtuck with parſley, and when it is roſted, ſerve it dry, or with verjuice of graps, put three or foure anchovies in a little claret wine, and diſſolve them over the fire, and put them in your ſauce.

46. *Loyn of Mutton another way.*

After it is well mortified, lard it with grea

great lard, and ſpit it; make a pickle with onyon, ſalt, peper, avery little of orange or lemon peele, broth and vinegar; after it is roſted, ſoake it with ſauce, which to thicken you ſhall uſe a little flower paſſed in the panne with ſome lard, as in the precedent article; garniſh it with what you have; capers are good for it, and ſome anchovies. You may give it the thickning of turnips ſtrained, ſerve.

47. *Ribbe of Beefe.*

Take a ribbe of the firſt peece well interlarded, with very white fatt, ſpit it, when it is almoſt roſted take up the fillet, and baſt it with a little broth. For to make your ragouſt, cut it into very thinne ſlices, with two or three chibols, whole or otherwiſe, ſalt, peper, a little of chippings of bread, or any thickning you have, then mixe all together and ſoake it without covering, ſerve the ragouſt with a little vinegar, or juice of legg of mutton; you may mixe it with what you have; have a care that the ribbe of beefe be not black with too much roſting.

48. *Neats tongue freſh.*

Seeth it, dreſſe it, ſtick it, and roſt it on the ſpit, after it is roſted, cut it along in the midſt, and ſerve with ſuch ragouſt as you will.

Another way

Soake it with a little wine, ſugar, and cloves, untill the ſweet ſauce be made; and

it is not ſtrong enough, put in it a drop of vinegar, then ſerve.

49. *Legg of Mutton after the Royall way.*

Take a good legg of mutton, bigg and ſhort, beat it well, take off the skinne, and take out the knuckle bones, flowre it, and paſs it in the panne with lard or freſh ſeame; then ſeeth it with a little broth well ſeaſoned with muſhrums, trouffles, and boatiles, when it is almoſt ſod, fry a little flowre with an onyon, a drop of vinegar, and a little beaten lard, ſoake all together, ſerve with a ſhort ſauce, and garniſh with pomgranats, or lemon ſliced.

50. *Legg of mutton farced.*

You ſhall find the way of farcing it in the diſcourſe of Potages; after it is farced, ſoake it with good broath and a bundle of herbs, fry into it flowre, muſhrums, and ſteaks, for to garniſh, ſeeth well all together, and thicken the ſauce well, with what ſharpneſſe you will, lemon, orange, or verjuice, ſerve garniſhed with what you have over your ſmall ſteakes.

51. *Fat henne.*

After you have made a good choiſe, dreſſe her, cut off the extremities of it, and lard it with meane lard; after it is flowred, paſſe it in the panne with lard or freſh ſeame, then ſoake it with good broth, and ſeaſon it, and when it is almoſt enough, fry into it muſhrums, fat livers, a little flowre, and an

onion ſtuck with cloves, after all is well ſod, and the ſauce well thickned, you may ſerve it garniſhed with pomegranate.

Another way.

You may farce it with Oyſters or with young Pidgeons, and with all other Beatils; ſeeth it the ſame way, and garniſh with what you have, then ſerve.

Another way.

Cut it in half, paſſe it in the panne, ſeaſon it, and garniſh as before, then ſerve.

Another way.

After it is ſticked or covered with a paper over the barde, roſt it; when it is well roſted, powder it with crums of bread and ſmall ſalt, then ſerve it with *poor mans ſauce*, verjuice or orange, and in winter with creſſes.

52. *Batteurs de pave.*

To put them with ragouſt, cut off the head and the feet after they are dreſſed, lard them with mean lard, flowre them, and paſs them in the pan with butter or melted lard, then ſoak them with broath well ſeaſoned, a bundle of herbs and muſhrums; fry into it a little flowre and onion, and after that all is wel ſoaked, ſerve with a ſauce thickned with what thickning you will.

53. *Shoulder of Veal roſted.*

After it is wel blanched in water, or on the fire, which will be the fitter and better, ſtick or bard it with lard, or if you will, as it roſteth, baſte it with butter, after it is roſted, ſtrew

or

on it crums of bread, and small salt, and serve.

You may serve it rosted with a Poivrade.

54. *Liver of Veal.*

Lard it with meane lard, then stick it, warm the spit about the place where it ought to remaine, and as it doth rost, baste it with a Poivrade, compounded of chibols, salt, onion stuck, peper and a little broth; after it is rosted soak it in the sauce, then serve it whole, or in slices, and let the sauce be well thickned, with what thickning you will.

55. *Larks.*

Rost them stuck or barded with lard; after they are rosted, if they are barded, bestrew them with crums of bread, and small salt and serve.

56. *Wild-duck.*

You may put it the same way as the *batteur de pave*, and with what garnish you will.

You may also rost and serve it with a Poivrade.

The way of making ready some sauces.

The sauce called Poivrade is made with vinegar, salt, onion, or chibols, orange, or lemon peele, and pepper; seeth it, and serve under that meat, for which it is fitting.

The Green sauce is made thus; Take some green corn, burn a tost of bread, with vine-, a little peper and salt, and stamp all to-

gether, in a mortar, and ſtrain it through a linnen cloath, then ſerve your ſauce under your meat.

The ſauce for the young or old Rabbit, After they are roſted, you put ſome ſalt and peper in the body, with ſome orange juice, and ſtir all well together.

For young Partridges, orange, or verjuice of grapes.

Another ſauce for the Thruſh and the Rayle, is to put ſome toſts under the ſpit, and when your birds are almoſt roſted, you take away your toſts, and ſet them apart, and take vinegar, verjuice, ſalt, peper, and orange peele, boyle all together, and having put in your toſts, ſerve.

The Fieldfare, and the Woodcock are ſerved with toſts, and a Poivrade under.

The Plover is ſerved with a ſauce made with verjuice, orange or lemon peele, a drop of vinegar, peper, ſalt, and chibols not forgetting toſts.

The Snipe will have the ſame ſauce.

The Stockdove with a Poivrade.

Pig and Lamb with a green ſauce.

A Table of the Intercourſes (or Middle courſes) for Fleſh dayes.

Feet and ears of Pork	1
Stags fees	2
Veniſon paſty	3
Slice of paſty	4
Paſty of Gammon of bacon	5
Trouffles with ragouſt	6
Dry trouffles	7
Trouffles after the naturall	8
Frayzes of beatilles	9
Sweet bread ſof Veal fryed	10
Sweet breads ſticked	11
Sweetbreads with ragouſt	12
Liver of Roebuck	13
Liver of Roe buck in frayze	14
Udder of Roebuck	15
Cows udder	16
Creſoi ower	17
Gaam of Piſtaches	18
Gammon with ragouſt	19
mmon roſted	20
Gammon in ſlices	21
Thruſh	22
Picked Pullets	23
Lambs purtenance	24
Larks with ragouſt	25
Gelee	26
Gelee of Harts horne	27
Green gelee	28
Red gelee	29

Yellow gelee	30
Gelee of colour of Violets	31
Blew gelee	32
White meat	33
Salat of lemon	34
Hash of Partridges	35
Rissols fried	35
Rissols puft	37
Fritters of Marrow	38
Fritters of Apples	39
Fritters of Artichoaks	40
Stiff Fritters	41
Past spunne	42
Lemon past	43
Almond past	44
Past of Pistaches	45
I conceive these Ramequins to be nothing but toasts of bread. — Ramequin of Kidneys	46
Ramequin of flesh	47
Ramequin of cheese	48
Ramequin of soot	49
Ramequin of onion	50
Ramequin of garlick	51
Ortolans	52
Neats tongue with ragoust	53
Tongue of pork with ragoust	54
Tongue of pork perfumed	55
Tongue of pork boyled with ragonst	56
Neats tongue	57
Young Pidgeons	58
Fat liver	59
Fat liver on the gridiron	60
Fat liver baked in the ashes	61

30	Fat liver fryed in fritters	62
31	Beatils	63
32	Tourte of Franchipanne	64
33	Nulle	65
34	Nulle with Amber	66
35	Green Nulle	67
36	Fricaſſe of Artichocks	68
37	Fryed Artichocks	69
38	Artichocks with Poivrades	70
39	Artichocks bottoms	71
40	Muſhrums	72
41	Muſhrums farced	73
42	Muſhrums fryed	74
43	Muſhrums after the Olivier	75
44	Frayze of gammon of bacon	76
45	Tortoiſe	77
46	Tourte of Piſtaches	78
47	Eggs after the Portingals way	79
48	Eggs dainty or pleaſant	80
49	Eggs ſpun	81
50	Eggs after la Varennes way	82
51	Eggs of ſnow	83
	Eggs after the Huguenots way	84
	Cardons of Spain	85
	Sparagus with white ſauce	86
	Sparagus with ragouſt	87
	Sparagus with cream	88
	Tongue of mutton with ragouſt	89
	Tongue of mutton ſticked	90
	Tongue of mutton on the gridiron	91
	Salat of Pomgranate	92
	Head of Wildboare	93

Slice of wildbores head	94
Slice of the same head with ragouſt	95
Green peaſe	96
Rams Kidneys	97
Palats of beef	98
Tanzie	99
Young Pidgeons	100
Fieldfares	101
Young Partridges	102

Remember in ſerving your ſecond courſes, to garniſh your diſhes with flowers in ſeaſon. And after theſe following diſcourſes you ſhall find the manner of thicknings for ſauce, making juice of muſhrums, with other pretty curioſities; Profitable, yea and neceſſary for ſuch as will ſerve great men, with credit and welcome.

5. *Diſcourſes of the Entre-mets or Intercourſe.*

1. *Ears and feet of pork.*

After they are well ſod, paſſe them in the panne with butter or melted lard, and a little onion, and ſeaſon them well. Soake them in a little pot with a little broth, and when the ſauce is well thickned, put to it a drop

drop of vinegar, with ſome muſtard, if it be in ſeaſon, and ſerve.

2. *Stags fees.*

After they are well dreſſed, ſeeth them in a pot, and when they are well ſod, ſoak them with wine, next paſſe them in the pan with ſome lard, all being well ſeaſond, then ſoake them again between two diſhes with a little onion, and good broth, and when the ſauce is very ſhort, ſerve.

3. *Veniſon paſtie.*

If the fleſh of it be hard, beat it, take off the upper skinnes, and lard it with great lard, ſeaſoned with ſalt, pepper, vinegar, and beaten cloves. If it be to keep, make your paſte with Rye-meal, without butter, ſalt, and pepper; bake your pye for the ſpace of three houres and a half, after it is baked, ſtop with paſt the hole which you have left for to give it vent, and ſerve it in ſlices.

Slice of Paſty

The manner is to ſeek out the ſide, where the lard is moſt ſeen, and being cut very thin to ſerve it.

4. *Paſty of gammon.*

Water it well, and when it is unſalted enough, boyl it a little, and take off the skin, then put it in brown paſt as Veniſon, and ſeaſon it with pepper, clove, and parſley; If you will be ruled by me, you ſhall alſo lard it as veniſon; bake it proportionably to

its bigneſſe; if it is thick, five houres, if it is leſſe, leſſe time will ſerve. After it is cold, ſerve it in ſlices.

5. *Trouffleswith ragouſt.*

Peele them very neatly, ſo that no earth may remaine on them, cut them very thinne, and fry them with a little lard, or if it be faſt day, with butter, and a little parſley minced, and a little broath; when they are well ſeaſoned, ſoake them, ſo that the ſauce be a little thickned, and ſerve them on a plate garniſhed with pomgranat and lemon, if you have any, with flowres and leaves.

6. *Dry truffles.*

Waſh them well in wine, ſeeth them with groſs wine, a little vinegar, ſalt, and peper in abundance, put an indifferent good quantity of large mace, and cinamon into it alſo; after they are well ſod, let them reſt in their broth, that thee may take ſalt, they ſerve them in a napkin foulded or not.

7. *Trouffles after the naturall.*

After they are well waſhed with wine, ſeeth them with ſalt and peper, mace and cinamon, and when they are well ſod, ſerve them in a folded napkin, or on a plate garniſhed with flowres.

8. *Frayzes of beatilles.*

Take your beatills, which are combes, ſtones, and the wings of young pidgeons, ſeeth them well, and after they are ſod, and ſeaſoned, draine them; take ſome eggs, where-

of

of you ſhall take out more then halfe of the whites, beat them, and when they are vvell beaten, put into them your beatilles very cleane; then take ſome lard, and cut it into peeces, paſſe it in the panne, and vvith your melted lard, or even vvith the peeces if you vvill, make your frayze very thick, and not too much fryed, and ſerve.

9. *Sweetbreads of Veale fryed.*

Let them not be too old, ſteep them in vvater, and blanch them vvell, and dry them, cut them into ſlices, and ſeaſon them vvith ſalt, a little nutmegge, beaten cloves and mace, and a fevv ſvveet herbs finely minced; ſtovvre and fry them vvith freſh ſeame, or melted lard, ſo that they be very yellovv and dry, put to it the juice of an orenge or lemon, and ſerve them readily.

10. *Sweetbreads ſtuck.*

Take the faireſt you can get, and beſt ſhaped, blanch them in cold vvater, ſtick them, and put them on a prick, roſt them very neatly, and after they are roſted, ſerve them vvith the juice of a lemon upon them.

11. *Sweet-breads with ragouſt.*

After they are blanched, cut them into ſlices, and paſſe them in the panne, or whole, if you will, with lard, and well ſeaſoned with parſley, whole chibol, muſhrums, and trouffles, and after they are well ſoaked with good breath, and the ſauce being ſhort and well thickened, ſerv.

12. *Liver*

12. *Liver of Roebuck.*

As it comes warme out of the body of the Roebuck, cut it into ſmall ſlices, paſſe it in the panne with lard, take out the mammocks, fry it well, and ſeaſon it with a little parſley, peper, cloves, and ſalt, and a whole chibol; ſoake it with a little broth, then ſerve it with the ſauce well thickned.

13. *Liver of Roebuck in Frayze.*

After it is taken out of the body of the beaſt, mince it very ſmall, and make your Frayze of it with lard, and let it not be too much fryed, but let it be enough, and ſerve.

14. *Vdder of Roebuck.*

After you have blanched it well in water, cut it into ſlices, and fry it with juice of lemon, or ſeeth it with ſome ragouſt. After it is fryed, or ſod, mince it very ſmall, and make a Frayze of it with lard, as that of the beatills, *article* 8. Then ſerve it with the juice of lemon.

15. *Cows Vdder.*

Seeth it well, and when it is well ſodden, cut it into ſlices, and garniſh your entrees with it, or paſſe it in the panne with fine herbs, and chiboll whole; ſeaſon all well and ſoake it with the beſt of your broths, ſo that it be of a ſharp taſt, and the ſauce well thickned, then ſerve.

16. *Colliflowres.*

After they are well cleanſed, ſeeth them with

with ſalt, and a peece of fatt or butter; after they are ſod, peel them, and put them with very freſh butter, one drop of vinegar, and a little nutmegge, for garniſh about the diſh. If you will ſerve them alone, doe them alike, and when you are ready to ſerve, make a ſauce with good freſh butter, one chibole, ſalt, vinegar, nutmegge, and let the ſauce be well thickned: you may put in it ſome yolks of egges, if it be on a fleſh day, then garniſh your plate warme, and put your ſauce over it, and ſerve.

17. *Creame of piſtaches.*

Take one handfull of piſtaches ſtamped, and a quart of milk, boyl it with ſome meal, which you ſhall mixe with it; when it is almoſt ſod, allay ſix yolks of eggs with your piſtaches, and a little very freſh butter, put all in a panne with ſtore of ſugar, and a little ſalt. If you will, you may put in it Muske or amber alſo, with much ſugar, but very little Musk; beat all well together, and ſerve garniſhed with flowres.

18. *Gammon with ragouſt.*

Sod or not, cut it into very thinne ſlices, then put them in the panne with very little wine, then ſoake them with a little peper, few chippings of bread very ſmall, and juice of lemon, then ſerve.

19. *Gammon roſted.*

Cut it into ſlices, and ſteep it in a little broth, and a drop of vinegar; make it luke-

warme

warme, then take it out, and put crummes of bread upon and under it; roſt it well, and after the ſauce hath boyled a very little, put it under it; then ſerve well garniſht with flowres or leaves.

20 *Gammon in ſlices.*

After it is well ſod, cut it fittingly, and very thinne, then ſerve.

21. *Thruſhes.*

Dreſſe them neatly, cut off the wings, the leggs, and the neck, and draw them, flat them a little, then flowre them, and fry them with lard, then ſoake them with broth well ſeaſoned, and a ſmall bundle of herbs; when they are enough, and the ſauce well thickned, ſerve them with the juice of lemon on them, and garniſh about with a whole lemon ſliced.

22. *Pickled pullets*

After they are well dreſſed, cleave them in two, if they are ſmall, break their bones, and ſet them a pickling with vinegar, ſalt, peper, a good quantity of large mace, a little cinamon and ginger, and a bunch of ſweet herbs, chibol, and lemon peele; let them ſteep therein, till you have occaſion to uſe them, and then ſet them a draining, flowre them, and fry them in freſh ſeame or lard; after they are fryed, ſoake them a very little with their pickle, then ſerve with a ſhort ſauce.

23. *Lambs*

23. *Lambs purtenances with ragouſt.*

Take the feet, the ears and the tongue, paſſe them in the panne with butter or lard, a chibol, or ſome parſley, then ſoak them with good broth, when they are almoſt enough, put in it ſome minced capers, ſampire minced, broken ſparagus, the juice of muſhrums or truffles, and ſeaſon all well; ſerve neatly with a ſauce well thickned with what thickning you will, and a garniſhing of leaves and flowers, and above all, let your Purtenances be very white.

24. *Larks with ragouſt.*

After they are well pulled, draw them, flat them, flowre and paſſe them in the pan with butter or lard, then ſoake them with good broth, a bundle of herbs, and a few minced capers, all well ſeaſoned; after they are enough, and the ſauce well thickned with what thickning you will, ſerve with piſtaches or pomegranate, and ſlices of lemon.

25. *Gelee.*

For to make Gelee, take a Cock, flay off the skin; take alſo a legge or knuckle of Veal, and the four feet, break and blanch them, then put them in a new earthen panne and ſeeth them for the ſpace of two houres and a half; and when all is almoſt ſod, put in it ſome white wine very clear, when you have put it in, ſtrain and preſſe your meate through a napkin; take your broth, and put it in a pan or pipkin on the fire; when it is ready

ready to boyl, put in it five quarterns of ſugar, and when it boyles, powre into it the juice of ſix lemons, and the whites of a douzen of very new laid eggs very well beaten; after all hath boyled, put it into a very clear ſtrainer, and mixe in it what colour you will, musk it, and ſerve.

26. *Gelee of Harts horn.*

Take Harts horn raſped; for to make three diſhes of Gelee, you muſt take two pounds of Harts horn, ſeeth it with white wine two houres, ſo that after it is boyled, there may remain to make up your three diſhes with; ſtrain it well through a napkin, and then put it in a panne with one pound of ſugar, and the juice of ſix lemons; when it is ready to boyl, put in it the whites of a douzen of new layd eggs very well beaten, and as ſoon as you have put them in, powre all into the ſtrainer, and ſet it up in a coole place; ſerve it natural, and garniſh it with pomegranates and lemon ſlices.

27. *Green Gelee.*

Take your ordinary Gelee, as it is above deſcribed, and take ſome green colour at ſome drugſters, which you ſhall mixe with your Gelee, then ſerve.

28. *Red Gelee.*

As your Gelee comes out of the ſtrainer, ſteep it with very red Beets, well ſod, and ſcraped, ſtrain all together through a linnen cloth, and ſet it a cooling, then ſerve, and garniſh with other colour. In

In like manner you may make Gelee yellow, violet, and blew.

29. *White meat.*

Take the thickeſt of your Gelee, make it lukewarm with Almonds well ſtamped; ſtrain them together through a napkin, and mix a drop of milk with it, if it is not white enough; after it is cold, ſerve, and garniſh with other colour.

30. *Sallat of Lemon.*

Take Lemons, what quantity you will, peel them, and cut them into very thinne ſlices, put them with ſugar, orange, and pomegranat flowers, then ſerve neatly.

31. *Achis of Partridges.*

After your Partridges are roſted, take up the brawn, mince it very ſmall, allay it with good broath, and ſeaſon it; then ſoake it with a chibol, and when you will ſerve, adde to it the yolk of an egge, and the juice of a lemon, and garniſh it with what you will, as Piſtaches, Pomegranate, and Lemon ſliced, then ſerve.

32. *Riſſoles fryed.*

Take the brawn of Partridges, or of other meat, mince it very ſmall, and ſeaſon it well; then make your ſheet of paſt very thinne, and dreſſe up your Riſſoles with it, which you ſhall fry with freſh ſeamed melted lard.

33. *Riſſoles puffed.*

They are made the ſame way, but that the meat of them muſt be a little faster, after they

they are vvel seasoned, fry them neatly, and serve.

You may also make Rissoles in the same manner with any other kind of meat, serve them vvith sugar, and svveet vvaters on them.

34. *Fritters of marrow.*

Before the specifying the several kinds of Fritters, it is fitting first to give here a general model of them.

Take some Cheese, stamp it vvel in a mortar, or in a dish, and if it is very hard, put a little milk vvith it, then some flovvre and eggs proportionably; season all vvith salt, and passe it vvith fresh seame, or refined butter for fast daies; serve vvith abundance of sugar, and a little orange flovver vvater, or rosevvater on it.

If you will make Fritters of Marrow of Beef, take the biggest peeces of Marrow you have; after they are steeped, cut them into slices, fit them in your paste, fry them, and serve in the like manner.

Apple Fritters are dore the same way.

35. *Fritters of Artichocks.*

Take the bottoms of Artichocks, and seeth them half, and after you have taken out the choke, cut them into slices make a preparation with flowre and eggs, some salt, and a little milk, then put your Artichocks in it, and when your fresh seame is hot, put them into

into it, one ſlice after another; fry them wel, and ſerve.

36. *Stiffe Fritters.*

Make your Fritters paſt ſtronger than ordinary, by the augmentation of flowre and eggs, then draw them very ſmall and ſlender, and when they are fryed, ſerve them warme with ſugar and ſweet water.

37. *Paſt ſpunne.*

Take Cheeſe and bray it well; take alſo as much flowre, and a few eggs, all ſeaſoned, ſeeth it in a Pipkin, as pappe well ſod, that is to ſay, ſomething firm, and paſſe or ſtrain it through a paſſing or ſtraining pan, upon ſome fat paper, after it is ſod, ſpinne or draw the paſte in what ſort you will, then fry it, and ſerve it pyramid-wiſe with ſugar and ſweet waters.

38. *Lemon paſt.*

It is made the ſame way as we have ſaid of the ſpunne paſt, but that you mix Lemon with it, you muſt ſerve it as aboveſaid, well garn ſht with flowers.

The Almond paſte, and the paſte of Piſtaches are made the ſame way.

39. *Ramequin of Kidney.*

Take out the Kidney of a Loyn of Veale roſted, mince it with parſley or garlick, and the yolk of an egge; then ſpread your implements well ſeaſoned upon bread, which you ſhall toſt in the pan, or on the gridiron, and ſhall ſerve all dry; you may put ſugar on it if you will.

You

You may make toſts of Kidney of Veal almoſt the ſame way, but that you muſt put to it neither parſly nor onion; but the Kidney being well ſeaſoned, you ſpread it on your toſts, which you ſhall alſo cauſe to take a colour in the panne before the fire; and when you ſerve, you may ſugar them, and even mixe ſome ſugar in the implements if you will.

You may make toſts of Kidney of veal thus; take the Kidneys, mince it very well with ſome beefe ſuet, a little Spinage, a few ſweet herbs and ſome grated bread, ſeaſon it with nutmeg beaten cloves, and mace, ginger, and ſalt, then break in three or four Eggs to bind it, then ſpread it on your toſts, and paſs it through the pan, diſh it and put to it the Juyce of lemons and a little ſugar and ſerve.

You may uſe ſome Currants if you pleaſe.

40. *Ramequin of fleſh.*

Take what meat you will, mince it very ſmall, and after it is minced, allay it with an egge, and ſeaſon it as it ought, roſt them in the panne, and ſerve with the juice of a Lemon.

41. *Ramequin of Cheeſe.*

Take ſome Cheeſe, melt it with ſome butter, an onion whole, or ſtamped, ſalt and peper in abundance, ſpread all upon bread, paſs the fire ſhovel over it red hot, and ſerve it warme.

42. *Ra-*

42. *Ramequin of soot of Chimney.*

After your bread is passed in the pan with butter or oyl, powder it with soot, with salt, and much peper over it, and serve it warm.

43. *Ramequin of onion.*

Take your Onions, and stamp them in a mortar with salt and much peper; you may put to it some Anchovis, well melted with a little butter, your onions being upon the bread fryed in oyl or butter, pass the fire-shovel red hot over it, and serve.

The Ramequin of Garlick is done the same way.

44. *Ortolans with ragoust.*

Dress them, and pass them in the panne with butter, or melted lard; after they are fryed soak them in a small pot with a little broth, and season them well; to thicken the sauce, mixe with it some sweet breads, the juice of meat and mushrums, and when all is well sod, serve garnisht with Pistaches and Pomegranate.

45. *Tongue of Pork with ragoust.*

After it is salted and sod, cut it very thin, and soak it with a little broth, then pass it in the panne with melted lard, onion stamped, and one drop of Vinegar; after this serve it with the juice of a Lemon and garnish it with Capers, and with all what you have. Mixe with it in the season verjuyce or goose berries.

A neats tongue in Ragoust, you may find how

how to dreſs it amongſt the firſt courſes, article 17.

46. *Tongue of pork perfumed.*

After it is ſod, ſerve it dry, and garniſh with what you wil; be it flowers or other thing. You may open it in the midſt.

47. *Tongue of pork broiled with ragouſt.*

Seeth it half ſalted, then broyl it, make for it alſo ſuch ſauce as you will, ſo that it be well thickned, and well ſeaſoned, then ſerve.

You may ſtick it with lard, and roſt it on the ſpit, baſting it with a pickle, which you ſhall make under it well ſeaſoned, and with ſuch quantity of ſalt as you ſhall judge fitting; when it is roſted, ſerve.

48. *Neats tongue.*

Seeth it ſalted with water; and towards the end put in ſome wine; after it is ſod, peel it, and when you are ready to ſerve, cut it in ſlices; then ſerve.

49. *Young Pigeons.*

To put them with ragouſt, take them as they come from under the damm; kill them and ſcald them, then after they are dreſſed, blanched and flowred, paſs them in the pan, and then ſoak them in a pot with good broth, well ſeaſoned, and a bundle of herbes: let them be wel ſod, & the ſauce thickned, ſerve with minced capers, Sampiere, a few pickled oyſters cut ſmall, muſhrums, veal ſweetbreads, and all what you can have of aſſortment for young Pig[illegible]

50. *Fat Liver with ragouſt.*

Take the fatteſt and cleareſt, cleanſe them, and put them into warme water, to take away the bitterneſſe, but take them out again preſently; after they are dryed, paſſe them in the panne with butter or freſh ſeame, and ſoake them with a little broth, parſley, and whole chibol; when they are enough, take out the chibol, and ſerve them with a ſauce well thickned, you may put in trouſſles, muſhrums, and ſparagus.

51. *Fat Liver on the gridiron.*

Put it on the gridiron, and powder it with crummes of bread & ſalt; after it is broyled, powre the juice of a Lemon upon it, and ſerve.

52. *Fat liver baked in the aſhes.*

You muſt bard it with lard, and ſeaſon it well with ſalt, peper, beaten cloves, and a very ſmall bundle of herbs, then wrap it up with foure or five ſheets of paper, and ſet it a baking in the aſhes as a Quince; after it is baked, take heed you doe not loſe the ſauce with ſtirring of it, take the upper ſheets of paper off it, and ſerve it with the undermoſt, if you will, or on a plate.

53. *Fat Liver fryed into fritters.*

You may judge how it ought to be done by the foregoing diſcourſes, concerning ragouſts, frying, and fritters.

54. *Beatills.*

Take wings, livers, and combes, all being well

well blanched in water; ſeeth the combes by themſelves, and when they are sod; peele them, then ſoake all together, with good broth well ſeaſoned, and when you are almoſt ready to ſerve, fry the combes and beatilles with good lard, a little parſley, ſpinage, and chibols minced; put them again to ſtove in their broth, untill you be ready to ſerve; you may mince with it ſome yolkes of eggs. Serve.

55. *Tourt of Franchipanne.*

Take a milk caudle, that is, boyled milk, and make thus your preparation for to make your Creame. Take a little flowre, which you ſhall boyle with your milk, when it is enough, take five yolks of egges, and mixe all together, with ſtamped Piſtaches, Almonds, a little ſalt, and much Sugar; then make your paſt, work it with the whites of eggs and ſalt, and let it reſt; make of it ſix very thin ſheets of paſte, and butter them one after another; ſpread your creame upon your ſix ſheets, and make other ſix, and lay them one after another well buttered, and eſpecially the uppermoſt, for to give it a colour; after it is baked in a tourt panne, or on a plate, change it into another, and ſugar it, then ſerve with flowres.

You may make the tourt of Franchipanne with any other ſort of creame, and ſerve it as aboveſaid.

56.

56. *Nulle.*

Take one dozen of yolks of eggs, and two or three whites, put in it a little creame, a little salt, and much sugar, beat well all together, and then passe it through a strainer, then lay it upon a plate, or in a dish, and when you are ready to serve, seeth it on a chafing dish, or in the oven; when it is baked, serve with sugar and sweet waters, and garnish it with flowres.

57. *Nulle with Amber.*

Take some Cream, or very new milk, allay the yolks of eggs, very little salt, sugar, musk, or amber; and when you are ready to serve, make a bed of your implements, and one bed of juice of orenge, and so successively to the number of five or six, then passe the fire-shovell red hot over them, garnish with sugar or musk, or water of orange flowres, and serve.

58. *Green Nulle.*

It doth differ from others onely in the colour, which you shall give it as to the gelee.

59. *Artichoaks fryed.*

Cut them almost into bottomes, take out the choake, and throw them into boyling water, to blanch them, dry them, and flowre them, then fry them with fresh seame, or refined butter; serve them warme, and garnisht with fried parsley, which to fry, it is necessary that it be very green, and that it be not wet.

60. Artichocks fryed.

Cut them into four quarters, cleanse them, and take out the choak, then blanch them in warm water, and drain them, flowre them with flowre and small salt; let the fresh seame, or refined butter, or melted lard be very warme, and then put your Artichocks in it, and fry them well, then set them a draining, and put into your frying one handful of very green parsley, which you shall put on your Artichocks, when it is very dry, and serve.

61. Artichocks with Poivrade.

Cut your Artichocks into quarters, take out the choak, and blanch them in very fresh water, and when you will serve; put them on a dish with pepper and salt, then serve.

62. Bottomes of Artichocks.

Take off all the leaves, and cut them as far as the choak, then seeth them with broth, or with water, butter and salt; after they are sod, take them out of the broth, picke them, and take out the choak; then put them with butter and salt, and when you will serve, make a sauce with very fresh butter, one drop of vinegar, nutmegge, and the yolk of an egge, for to thicken the sauce, then serve, so that they may be very white.

63. Mushrums with ragoust.

After they are well cleansed, passe them in the panne with very fresh butter, parsly minced, and chibol, season and soak them, and when

when you are ready to ſerve, put into it the juice and peele of lemon, and a little white meat, then ſerve.

64. *Muſhrums farced.*

Chooſe the beſt ſhaped for to containe the farce, which you ſhall make with ſome meat, or good herbs, ſo that it be dainty, and allayed with yolks of eggs, then your muſhrums being farced and ſeaſoned, put them into a diſh upon a barde of larde, or upon a little butter, ſeeth them, and ſerve them garniſhed with juice of lemon.

65. *Muſhrums fryed.*

Blanch them in freſh water, dry them, then pickle them with a little vinegar, ſalt, pepper, and onion, and when you are almoſt ready to ſerve, make a liquid paſt allayed with yolks of eggs, fry your muſhrum, ſerve and garniſh.

66. *Muſhrums after the Olivier.*

After they are well cleanſed, cut them into quarters, and waſh them in ſeveral waters, to take off the earth; when they are wel cleanſed, put them between two diſhes with an onion and ſome ſalt, then ſet them on a chafing diſh, that they may caſt their water; preſſe them between two plates, take very freſh butter, with parſley and chibol, and fry them, then ſoake them, and after they are wel ſod, you may put to them ſome cream or white meat, and ſerve.

67. *Frayze of gammon of bacon.*

Take one doſen of eggs, breake them, take out the whites of half a doſen, and beat them; then take of your gammon as much as you will think fitting, mince it, and mix it with your eggs; take ſome lard, cut it and melt it, powre your Frayze into it; let it not be too much fryed, and ſerve.

68. *Tortoiſes.*

Cut off the feet, the tail, and the head, ſet the body a ſeething in a pot, and ſeaſon it wel with fine herbs, when they are almoſt ſod, put ſome wine to them, and boyl them wel; after they are ſod, take them up, and cut them into peeces, and take a ſpecial care to take out the gall; then fry them with butter or lard, parſley and chibol, then ſet them a ſoaking with a little broth, and when you are ready to ſerve, allay the yolk of an egge with ſome verjuice, mixe them together, and ſerve with ſome nutmeg, a little beaten Cinamon, and orenge peel very finely minced, well ſeaſoned.

69. *Tourt of Piſtaches.*

Melt ſome butter, and put in it ſix yolks of eggs with ſome ſugar; ſtamp one handful of Piſtaches, and mixe them together with a corn of ſalt, then make your ſheet of paſte, and dreſſe it up, put your implements in it, make or ſhape up your tourt, and bind it with butter'd paper; when it is baked, ſerve it with ſugar, and garniſh it with lemon peel preſerved.

70. *Eggs*

70. *Eggs after the Portugals way.*

Take many yolks of eggs, and a Pound or half a pound of ſugar, with which you ſhall make a ſirrup, which being made, you ſhall mix it with your eggs, with one drop of orange-flower water, and ſeeth them; after they are enough, make a coffin with butterd paper, well doubled, put your eggs in it, and being cold, then take off the paper, and put theſe eggs on a plate the ſharpe end upward, ſugar it, and garniſh it with the peare called nompareil (or non ſuch) cinamon, lemon peel preſerved, and flowres, then ſerve.

Another way.

Make a Sirup, as above ſaid, then breake a dozen of eggs, or more, and beat them wel, warm your ſirup, and when it is very warm, mixe your eggs with it, paſſe all together through a ſtrainer, and ſeeth it; After it is ſod, ſerve it with biſket cut and dreſſed up piramide like, ſweet waters, muſk or ambergris.

71. *Egs dainty or pleaſant.*

Make your ſirup as above ſaid, and take the yolks of eggs, allay them well, and put them in your ſirup; after they are ſod, put them on a plate, with a drop of orenge flower water, and of muſk, then ſerve.

72. *Eggs dar.*

Take a quart of white wine with a peece of ſugar, boyl them well together, then breake

some eggs, and beat them, passe them through a strainer, then put them into a pipkin or pan, where your white wine is & your sugar ready boyling; thus they are sod in a moment, and are found linked; take them out of the sirup, and set them a draining, then serve them piramid-like with sweet water.

73. *Eggs after the Varrenne.*

Have a sirup well made, fry some whites of egs in the panne with butter, and put them in your sirup; when they are sod, serve them with orange-flower water.

Another way.

Make your sirup, and mixe a little new milke with your fryed eggs; when they are sod, serve them very white on a plate, garnished with sweet herbs.

74. *Eggs in snow.*

Boile some milke with a little flower well allayed, then put in it more then the halfe of one dozen of whites of eggs, and stirre wel all together, & sugar it; when you are ready to serve, set them on the fire again, and glase them, that is, take the rest of your whites of eggs, beat them with a feather, and mixe all together, or else fry well the rest of your whites, and powre them over your other egs; passe over it lightly an iron oven lid, or the fireshovell red hot, and serve them sugred, with sweet waters.

You may instead of whites, put in it the yolks of your eggs proportionably, and the whites

whites fryed upon them. The creame after the Masarine way is made in the same manner, except you must put no whites of eggs on it.

75. *Eggs after the Huguenot fashion.*

Take the juice of a legg of mutton, put it on a plate, or in a dish, take very new layd eggs, and break them in your juice, seeth them with little salt; after they are enough, put more juice to them, and some Nutmegg, then serve.

75. *Cardons of Spaine.*

After they are blanched, take off the skinn very neatly, and set them a steeping in fresh water, then serve them with pepper and salt.

77. *Sparagus with white sauce.*

Choose the biggest, scrape the foot of them, and wash them, and seeth them in water, salt them well, and let them not seeth too much; after they are sod, draine them, and make a sauce with very fresh butter, a little vinegar, salt, nutmegg, and the yolk of an egge to thicken the sauce, and have a care that it doe not curd or (turne) and serve them garnisht with what you will.

78. *Sparagus with ragouſt.*

Take sparagus, break them very small, then passe them in the panne with butter or lard, mixe it with some parsley and chibol, all well seasoned; let them a soaking till you be ready to serve; you may put some creame

to them, or yolks of eggs, or of the juice of a legg of mutton, and may garnish other things with it.

79. *Sparagus with Creame.*

Cut them very small, and leave nothing but the greene, fry them with butter very fresh, or melted lard, parsley and chibol, or a bundle of herbs; after that, soake them a very little, with very new creame, and serve if you will with a little nutmegg.

80. *Sheeps tongue with ragouſt.*

After it is well cleanſed, ſlit it in two, then flowre it, paſſe it in the panne, and put it in ragouſt, with vinegar, verjuice, ſalt, pepper, nutmeg, beaten cloves, juice of orange, and minced capers; when it is well ſoaked, and the ſaute well thickned, ſerve.

81. *Sheeps tongue ſticked.*

Take it ſod, and cleanſe it well, ſtick it with ſmall lardons, and roſt it, then ſerve it with the juice of a Lemon, or ſome Orange.

82. *Sheeps tongue on the gridiron.*

Slit it in the middle, and put it on the gridiron with ſalt and crumms of bread upon it, then make a ſauce with verjuice of grapes, or gooſe-berries, a few chippings of bread, ſome parſley, and chibole minced very ſmall, and when it is well broyled, ſerve.

83. *Sallet of Pomgranat.*

Pick your granats, put them on a plate, ſugar them and garniſh with lemon, then ſerve.

84. *Head*

84. *Head of wild boar.*

Cut it off near the shoulders, to make it fairer, and of better shew, and to preserve the neck, which is the best of it, so that it be well seasoned; after you have cut it off, singe it, or scald it, if you will have it white, then cut the skin off round about the head four inches from the nose, least it may shrink and fall on other places; seeth and season it well, and when it is half sod, put to it white or red wine, and make an end of seething of it, again well seasoned with pepper, onion, cloves, orenge-peele, and fine hearbes. You may seeth and wrap it well up in hay, least it fall to peeces; after it well sod, serve it cold, whole, and garnished with flowers; If you have wrapped it up, you may serve it in slices, which you may disguise with several sorts of ragousts.

85. *Slice of wild boar's head.*

Cut it under the neck, or near it, or under the ear, and serve.

86. *Slice of wild boare's head with ragust.*

After you have cut it as above said, boil it in wine, and a few chippings of bread; when it is enough, and the sauce thickned, serve.

87. *Another way.*

After it is cut as aforesaid, powder it with crummes of bread, and put it on the gridirons after it is broyl'd; serve it with juice

of lemon, in the season of vine leaves, vvrap up your slices in them, and serve readily vvith verjuice of grapes.

87. *Green pease.*

Passe them, if you vvill, in the panne vvith butter, and seeth them vvith cabidg and lettice, or vvith purslaine; after they are vvel sod with a bundle of heaibs, and well seasoned, serve them garnished with lettice.

You may dresse and season them with creame, as the sparagus, whereof mention is made above, in the article 79. of sparagus with creame.

88. *Rams Kidneys.*

Whiten them well in fresh water, take off the skins of them, and cut them into very thinne slices, passe them in the panne with butter or melted lard, season with all what you have, then soake them with mushrums, and the juice of a legg of mutton, then serve.

Another way.

Cut them as aboveiaid, and steep them in a little vinegar and salt; a while before you serve, after you have dryed them, passe them in fritter past; and fry them, and throw on some lemon juice, or orange juice and serve.

89. *Palats of beefe.*

Take them well sod and sott, and withall boyle them a litle, for to take awye the ripe taste; then cut them very thinne, passe them in the panne vvell seasoned, and stove them

them; let your sauce be allayed with the juice of a lemon, then serve.

The beefe palats for garnish are fryed alike, but that you cut them peecemeal.

90. *Tanzie.*

Melt a little butter, and take some cream, yolks of eggs, juice of pears, sugar, and very little salt, seeth all together, after it is sod, sugar it, with waters of flowers, and serve green.

91. *Young Pidgeons.*

After they are well blanched in water, flowred a little, and passed in the pan, soak them with good broath, mushrums, trouffles, and a bundle of hearbs, all well seasoned, and serve, the sauce being well thickned, and garnish with cut lemon.

The same ragouft may be made for young pigeons rosted.

92. *Field fares.*

Draw them, fry them as the young pigeons, and seeth them longer, because they are harder, after they are sod and seasoned alike, serve garnished with poniegranate, or sliced lemon.

93. *Young Partridges.*

Take some peeces of slices of beef, and beat them well with lard, season it with salt and pepper, and passe it in the panne, untill the lard be very brown, then soak these impliments with a little broath and an onion stamped; then strain all through a linnen cloath

cloath, you will have out of it a very red juice, with which you shall mix a sharpnesse of grape verjuice, a little flowre baked, or some chippings; then take your young Partridges, take off the leggs and the wings, and soake them with your sauce; adding to it mushrums, and trouffles, untill the sauce be well thickned; seeth, and serve readily, lest they wax hard.

The Partridges are done the same way.

A method for to make gammons of Westphalia bacon.

After your porke is dressed, take off the gammons, and stretch them well, for to cause them to take the shape; put them in the cellar for the space of four daies, during which time, there will come a water out of them, which you must wipe off very often; If the weather is moist, let them ly there but twice four and twenty hours, then put them in the presse between two boords, and let them be there so long a time, as the porke hath been dead; after that, salt them with salt, pepper, cloves, and anisseed stamped; let them take salt for the space of nine dayes; after this take them out, and put them in the lees of wine, for the space of other nine daies; then wrap them up with hay, and bury them in the cellar, in a place which is not too moist, after you have taken them out, hang them in the chimney, at the side where there is least smoak, and fail not to perfume them

twice

twice a day with Juniper; after they are dry and a little ſmoky, hang them at the ſeeling, in a chamber which is not too moiſt, and until you have occaſion to uſe them, viſit them often, for fear they ſhould rot.

For to ſeeth them; take of them which you will, cleanſe it, and ſet it to water in a great kettle full of water, ſeaſon it with fine hearbs, and put no wine in it; after it is ſod, take up the skinne, ſpread it over with pepper and minced parſley, and ſtick it with cloves, then put down the skin again, and lay it in a cool place, till you have a mind to ſerve it, which you ſhall do garniſhed with flowers, if you have any.

The way of making allayings, or thicknings to be kept for ſauces, to the end that one may not be put to the trouble of making them on every occaſion, when one may have neede of them.

Thickning of Almonds.

PEele well your Almonds and ſtamp them in a mortar, then put them with good broth, crummes of bread, yolks of egges, juice of lemon, an onion, ſalt, cloves, and three

three or four mushrums; seeth all these a very little while, passe them through the strainer, and put it into a pot to use it upon occasion.

Thickning of Mushrums.

Take the stalkes of Mushrums, with a few stan ped Almonds, Onion, Parsley, crums of bread, yolks of eggs and capers; boyl all with good broth, and season it well, mix with it a slice of lemon, then passe it through a strainer, and put it into a pot to use upon occasion.

Thickning of flowre.

Melt some lard, take out the mammocks, put your flowre into your melted lard, seeth it wel, but have a care it stick not to the pan, mixe some onion with it proportionably to what you mean to use it about, when it is enough, put all with good broath, musharums, and a drop of vinegar; then after it hath boyled with its seasoning, passe all through the strainer, and put it in a pot; when you will use it, you shall set it upon warme embers for to thicken your sauces.

Thickning of trouffles.

Take dry flowre, which you shall allay with good broth, trouffles, onions, mushrums, and a sprig of thime, stamp all together, and boyl it with your flowre allayed, passe it through the strainer, and put it in a pot; it will be usefull for the thickning of your Entrees (or first courses) or ragouffs.

You

You may uſe theſe thicknings in Lent, ſo that you put no eggs in it: They may alſo be uſefull for all, as for the firſt and ſecond courſes, and for the Intercourſes.

Method for the making the juice of Muſhrums, of Beef, or Mutton, which may be uſefull for many Sauces and Ragouſts.

Juice of Muſhrums

Take the leaſt of your Muſhrums, waſh them well with their skinnes and ſtalks, without taking off any thing, boyl them in a pot with good broth, as they are boyling, put in a bundle of herbs, an onion ſtuck with cloves, and ſome peeces of roſted meat, all well ſeaſoned with ſalt; after they are well boyled, paſſe them through the ſtrainer, and put it into a pot, for to uſe it at need. It may be uſeful for all kinds of Ragouſts, even for potages; and it doth often paſſe for juice of Mutton.

The Iuice of beef, or mutton.

Roſt your meat a little more than half, be it beef or mutton, prick it with a knife, and preſs it in a preſs if you have any, it will be the better; after it is preſſed, and the juice taken out, take one ſpoonful of good broth, be

beſprinkle your meat with it, and take out of it again what juice you can; put it in a pot with a little ſalt, ſome Cinamon, beaten Cloves, and Mace, with ſome Pine apple ſeeds; and mixe with it the juice of a lemon, and Caper liquor, when you are ready to uſe it.

The way of garniſhing with Piſtaches.

Peel your Piſtaches in warme water, put them in cold water again, and for to uſe them minee them a very little, for to put them about your diſhes.

The garniſh of lemon.

You muſt take out the ſeeds, ſlit it long wiſe, and cut it into ſlices, after this put it into ſome water, ready to uſe it upon and about your diſhes.

The garniſh of Pomegranate.

Take the reddeſt, take out the peele and the ſeeds, for to garniſh upon and about you diſhes.

A Method for to take out the juice and waters of fleſh, for to give unto the Sick.

The juice of mutton, veal, or capon.

AFter they are roſted and preſſed, take out the juice, and becauſe that the juice

of Muton is hotter than the other, it muſt be corrected and mixed with that of veal; and of either of them thus made ready, cauſe your ſick body to take one ſpoonful every two houres.

Another way for the ſame water.

For ſuch as have need of much cooling, take a bottle without oſier, and with a very wide neck, cut your meat, veal, and pullen, ſmall enough, ſo that it may goe peecemeale into the bottle; this done, you ſhall ſtop it carefully with a peece of paſte firm and hard, and ſome parchment over it, tie it well, and put it in a kettle ful of hot water as far as the neck: Boyle it well for the ſpace of three hours; after it is ſod, unſtop your bottle, and take the juice out of it, which you ſhall cauſe your ſick to uſe (or even they who are in full health, and ſtand in need of cooling) with other juice of roſted meat; or with ſome broth, all according to the need and ſtrength of both. You are to obſerve by the way, that the juice of roſt meat is much ſtronger and more nouriſhing than that of boyled meat, though it be in greater quantity

For want of a bottle you may uſe a *Coquemare*, ſtopping it well with paſte, and with parchment over it.

Water of Pullet.

Dreſſe your Pullet, and when it is very clean, fill it up with barley, and ſeeth it in a pot with a ſufficient quantity of water, ſo that

that it boyles halfe away, after it hath boyled untill the barley is burst, passe all through a strainer, and let it cool. It must be used cold, and this water may be given to sucking children.

Panade.

Take some good broth, and crummes of Bread very small, boyl them well together, and at the latter end, put in it some yolkes of eggs, very little salt, and some lemon juice.

Other Panadoe.

Take the flesh of Capon or Partridge well minced, stamp it well in a mortar, then allay it with broth of health, that is, broth of the great pot, a few crummes of bread, and salt, after it is soaked, mixe with it some yolks of eggs for to thicken it, and some lemon juice.

A Table of the Pastry work which is served up all the year long.

Venijon pa^y 1
Pasty of a legg of mutton 2
Pasty after the English way 3
Pasty of Wildboare 4
Capon pie 5
Turkey pie 6
Pie of Gaudiveaux 7
Partridge pie 8
Gammon of bacon pie 9
Breast of veal pye 10
Pie of Assiette 11
Pie after the Cardinals way 12
Pie after the Mayotte way 13
Pie of young Rabbits 14
Pie of pullets 15
Pie of Larks 16
Veal pie 17
Pie of Quailes 18
Pie of woodcocks 19
Pie of Blackbirds 20
Duck pie 21
Pie of Macreuse with lard 22
Lamb pie 23
Pie of mutton tongues 24
Pie of Kid warm 25
Goose pie 26
Pie of knuckles of shoulders 27
Tourte of young pidgeons 28

Tourte of lard
Tourte of Marrow
Tourt of veal
Tourte of purtenances
Tourte of Sparrowes
Tourte of Larks
Tourt of sweetbreads
Tourte of brawn of capon sugred

A Method how to make ready and to serve up the Pastry works which are made mention of in the foregoing Table.

1. Venison Pastie.

IF the flesh is hard, beat it, take off the upper skinnes, and lard it with great lard, seasoned with salt, peper, vinegar and beten cloves. If it is for to keep, make up your paste with Rye meal without butter, salt and pepper; let your pasty bake the space of three houres and a half; after it is baked stop up with paste the hole which you have left for to give vent, and serve in slices.

2 Pasty of legg of Mutton.

After it is well mortifyed, beat it wel, take off the skinne, take out the bones, and if you will

will, lard it vvith great lard, and ſeaſon it vvith ſalt, peper, and a little vinegar; you may let it ly in the ſauce three or four daies, vvell covered, untill you put it into paſt; vvhich you ſhall do then in fine or courſe paſt; ſeaſon it vvell vvith ſalt, peper, beaten cloves, nutmeg, and a bay leaf, and alſo a clove of garlick cruſhed if you vvil: After it is cloſed up, and endored vvith the yolk of an egge, let it bake the ſpace of three hours and a half, and doe not forget to give it vent on the top, a little while after that you have put it in the oven.

3. *Paſty after the Engliſh way.*

Take a young or old Hare, mince it well with beef or mutton ſuet, or with the brawn of Capon, mixe all together and ſeaſon it well, put in it, if you wil, ſome capers, and ſome ſugar. Make your paſt thus; after it is flowred, ſpread it, and fould it up into three or four doubles like a napkin, putting ſome freſh butter upon every bed of paſt, ſo that for one pound of paſt there be half a pound of butter proportionably; after it is thus made ready, let it reſt a little while, & then make your paſt up, which you ſhal garniſh at the outſide with buttered paper. Bake it wel, endore it with the yolk of an eg, and ſerve.

The Wildboar paſty is made the ſame way as that of the joint of Mutton.

4. *Pye*

4. *Pye of Capon.*

After it is well drest'd, lard it with meat lard, and put it into fine past, and make up your pie. If you wil serve it up warm, it must not be so much seasoned, as to serve it cold.

To serve it warme therefore, make it up and garnish it with what you have, you may also farce it. You must bake it two houres & a half, and if it be too dry, that is the sauce wanting, make a white sauce for it, or put into it any juice, and serve it warme and uncovered.

5. *Or for a Capon pye thus.*

After it is well dressed season it well with nutmeg, peper, and salt, then having minced some Chibols, and sweet herbs, very fine, and laying them in the bottome of your pye, put in your capon, then lay on it some lincks, oysters, the yelks of hard eggs chesnuts large mace barberies or grapes, some beef marrow, good store of sweet butter, so close it and bake it; when it is baked enough, liquor it with some butter and verjuice, and serve.

6. *Pie of Turkie.*

After it is well dressed, beat it and truss it up, lard it with great lard, and season it, then put it into fine or brown past, fed with butter or lard, for this flesh is very dry when it is baked; season it as a venison pasty, bake it proportionably to its hardnes or bignes, and serve it warme or cold.

7. An-

7. *Another way.*

Dreſs your turkie, take off the skin and the brisket, then ſeaſon it, and farce it with young pigeons, beef palats, muſhrums, trouffes, bottomes of hartichockes, combes, ram's-Kidneys, and ſweet breads. This farce is fit, in caſe you take out the brisket onely.

If you take off the whole skin, take the fleſh of your turkie, mince it very ſmall with beef ſuet, ſeaſon it with all what you have, and with yolkes of eggs, fill up the skin with it, ſow it up againe, and put it into fine paſt, garniſh your pie with ſmall *beatilles*, muſhrums, and all the reminant of your farce. Bake it, and ſerve it with what ſauce you will.

8. *Pie of* Gaudiveau.

Dreſſe up your paſt into an ovall, garniſh it with your *gaudiveau*, in the midſt of which you ſhall put all kind of garniſh, as muſhrums, livers of fat capons, *cardes*, yolkes of hard egges, ſweet breads of veale, and ſeaſon all; binde it with paſt at the top, and when it is baked, ſerve it with a ſauce of verjuice, yolkes of egges and nutmeg.

9. *Pie of Partridge.*

After they are dreſſed, lard them with mean lard, and ſeaſon them, then put them into a fine paſt, and make up your pie well fed with lard and butter, bake it for the ſpace of three houres, and ſerve it warme.

To *Paſtie*

10. *Paſtie of Gammon of Bacon.*

Steepe it well, and after it is unſalted enough, boyle it a little and take off the skin of it, then put it into brown paſt, as veniſon, and ſealon it with pepper, clove, and parſley; if you will be adviſed by me, lard it alſo as you doe the veniſon. Bake it according to it's thickneſſe; if it is big, five houres, if leſſe, leſſe, and ſo according as it is bigger or leſſer; after it is cold, ſerve it in ſlices.

11. *Pie of a breſt of Veale.*

After it is well blanched, you may farce it with what you wil; you may alſo put it into fine paſt very wel ſeaſoned, and garniſhed, or if you will, cut it into ſmall peeces, make up your pie well, bake it, and ſerve it with a white ſauce, made up with yolks of eggs allayed with verjuice.

12. *Pie of aſſiette.*

Take the fleſh of Veale, and beefe or muttons ſuet, make a kind of gaudiveaux therewith, then dreſſe up your paſt very neatly halfe a foot high, and fill it with one bed of fleſh, and over it another of muſhrums, another of cardes or of cardeaux, or young pidgeons, palats of beefe, kidneys and yolks of eggs, ſo that the upper bed be of gaudiveaux, cover and ſeaſon it, then ſerve.

13. *Pies after the Cardinall's way.*

Make up your pies very high and very narrow, fill them up with gaudiveaux, and cover them ſo that the lid be alſo very high;

then

then ſerve them, ſpecially for a garniſh to a peece of beefe, or on a plate.

14. *Pie after the Marotte.*

Take Rie meale, which you ſhall ſalt; make your paſt with it, and make it up like a pie; then take one hare or two, or two joynts of mutton, with a little beef ſuet, which you ſhall mince together very ſmall and ſeaſon it, then make up your pie, on the top of which you ſhall leave a vent, after three houres baking, take it out, and fill it with good broth, put it the oven againe, and when it is quite baked ſerve it.

15. *Pie of young Rabbits.*

After they are dreſſed, lard them with great lard, and make your paſt like that of veniſon; if you ſerve it warme, make it a little ſweeter, and ſerve.

16. *Pie of Pullets.*

Dreſſe and flower them, if you will; garniſh & ſeaſon them, and put them into very fine paſt, ſerve it warme with a white ſauce of yolks of eggs allayed.

If your pullets are big, you may ſtick them with meane lard, and ſeaſon them, garniſh and bake them alike.

17. *Pie of Larkes.*

Dreſſe them, draw them, and flat them, then paſſe them in the pan with muſhrums, trouſſes, *beatills*, and all being well ſeaſoned, put them into fine paſt, bake them the ſpace of two houres and a halfe, let the ſauce bee

well allayed and fed; you may put some sugar in it, hipocrast-like, and so serve it cold; if with ragouſt, serve it warme.

18. *Pie of Veale.*

Take the fillet, and presse it like the wild boare, that is, well larded and seasoned, put it into fine or brown past, as you will, serve it in slices, warme or cold.

Another way.

Mince such flesh of veale as you will with beef suet, and season it; make up your past, and make the bottom of your pie, or the whole, with this meat thus minced and seasoned, which moreover you shall garnish with mushrums, bottoms of hartichocks, cardes, Kidneys, veale sweetbreads, and hard yolks of egges; after which you shall cover and bake it; after it is baked, serve it uncovered with a sauce of yolks of eggs allayed with verjuice of grapes.

19. *Pie of Quailes.*

It is made to eate cold like that of partridges, and for to eat warme, like that of larkes, make it up with fine paste, and serve it warme with ragouſt.

20. *Pie of Woodcocks.*

Dresse your Woodcocks, draw them, lard them with meane lard, and season them like the partridge pie, for to be eaten warme or cold; if you serve it warme, garnish it with what you have, and season it as you thinke fitting; bake it the space of two houres and a half

halfe, and ſerve it warme or cold.

21. *Pie of Blackbirds.*

Dreſſe your Blackbirds, draw them, and put them into paſt, ſeaſon and bake them as the larks, for to be eaten warme, or cold.

22. *Pie of Duck.*

After it is dreſſed, lard it with great lard, and ſeaſon it well, put it into fine or browne paſt to keepe it; bake it the ſpace of three houres; ſerve and garniſh it for to eate it warme.

The pie of *Macreuſe* with lard is made and ſerved the ſelfe ſame way.

23. *Pie of Lambe.*

Take the four quarters, and cut them very ſmall, blanch them in freſh water, then put them in fine paſt and well made up, with a little parſley and fine hearbs minced; after it is well baked, and well ſeaſoned, ſerve it with a white ſauce.

Another way.

Take your Lambe and cut it into peeces, then ſeaſon it with beaten nutmegg, pepper and ſalt, then lay it into the bottom of your pye, then lay upon it ſome hard lettice boyled and cut in quarters, ſome cheſt-nuts, pine aple ſeedes, ſampire, ſparagus, ſliced lemon, the yolkes of eggs boyled hard, and grapes, good ſtore of ſweet butter, after it is baked ſerve it with verjuce and ſweet butter.

Another way.

You may take your lambe vvhole, or in

quarters, vvithout cutting it, lard it vvith great lard, and put it into paſt ſeaſoned with minced parſley, ſalt, peper, beaten cloves, and garniſhed with muſhrums, *morilles*, and capers; and after it is baked, ſerve it with a vvhite ſauce of yolks of egges allayed vvith verjuice.

24. *Pie of ſheep's tongues*

Waſh them with lukewarme water, and cleanſe them, then put them into paſt; take muſhrums ſmall pallats of beefe cut, *beatilles*, a little parſley, and chibols; paſſe all in the pan, powr on it ſome yolkes of eggs, bottomes of hartichoaks, beaten lard, or freſh butter, and put them into your pie, which you ſhall bake for the ſpace of two houres, and ſerve with a ſauce of yolks of egges allayed with verjuyce.

25. *Pie of Kid warm.*

Dreſs it, and take off the head, lard it with meane lard, and ſeaſon it, put it into fine paſt dreſſed up, or not, garniſh it with beatilles, muſhrums, morilles, trouſles, muſhrums, and ſerve. If you will ſerve it cold, let it's ſeaſoning be ſtronger.

Another way.

If you have two kids, or roebucks, take out of the body of the goat, or of the hind, lard and ſeaſon them, and put to them abundance of ſugar, which will make both your meat and ſauce full of ſugar.

If your kids are ſmall, put them into dreſ-

ſed

ſed paſte, and ſever them, putting the one into ſugar, and the other in *ragouſt*, ſerve it warm.

26. *Gooſe pie.*

After it is dreſſed, lard it with very great lard, and put it into paſte ſeaſoned as the veniſon paſtie; ſerve it alike, warme, or in ſlices.

27. *Pie of knuckles of ſhoulders.*

Dreſſe the bones of your knuckles, blanch them, break and lard them with great lard, or lard ſtamped, then put them into fine paſt; garniſh and ſeaſon your pie with all what you have, bake it for the ſpace of two hours and a halfe, when it is baked, ſerve it with what ſauce you will.

20. *Tourte of young pigeons.*

Make a fine paſte, and let it reſt, then take your young pigeons, cleanſe them, and blanch them. If they are too big, cut them, and take *gaudiveaux*, ſparagus, muſhrums, bottoms of hartichoc s, beef marrow, yolks of eggs, *cardes*, pallats of beef, trouſles, verjuice of grapes, or gooſe-berries, garniſh your tourte with what you have, not forgetting the ſeaſoning, then ſerve.

Another way.

After your young pigeons are well dreſſed and blanched, make a ſheet of fine paſte or puſt paſte, put in the bottome ſome *Gaudiveaux*, and young pigeons at the top; if they are ſmall, whole; if big, cut them into

halfes; garnish your *tourte* with combs, palats, mushrums, trouffles, cardes, *morilles*, *mushrums*, yolks of eggs, veal sweet breads, bottomes of hartichocks, and minced parsley, all well seasoned with salt, pepper, clove, and nutmeg; Cover up your tourte, and bake it the space of two hours and a half; After it is baked serve it uncovered with a sauce of yolks of eggs, allayed with verjuice of grapes.

Another way.

When your pigeons are clean dressed, season them with pepper, beaten cloves, and mace, and salt, then put into your pye some minced chibols, and sweet herbs, then put in them some bottomes of Artichocks, Chesnuts, yolkes of hard eggs, very thin slices of lard; some Colliflower indifferently well boyld, Capers, Oysters, Mushrums, sliced lemon, and grapes, seasoned as your pidgeons; sweet butter, then close and bake it; when it is baked, serve it with verjuice and sweet butter thickned with the yolks of eggs.

29. *Tourte of lard.*

Take lard, slice it, and melt it between two dishes, season it as the tourte of marrow next following; when it is ready, serve it.

30. *Tourte of Marrow.*

Take marrow, melt it, when it is melted, straine it, and put some sugar to it, yolks of eggs, pistaches, or almonds stamped; then make

make a very thinne sheet of fine paste, on which you shall put your implements, binde it, if you will; bake it, and serve it sugred.

31. *Tourte of veal.*

Take a peece of veale, blanch it, and mince it with twice as much of beef suet; after it is wel seasoned, make a sheet of your fine paste, put your meat on it, in the midst of which you shall put what you have, *as beatilles*, &c. Sugar it if you will, then when it is baked, serve.

Another way.

Garnish a sheet of fine paste or puft paste, and fill it halfe with your minced meat, put over it mushrums, Kidneyes, *combes*, bottomes of hartichocks, *cardes*, yolks of eggs, all well seasoned, fill up your tourte with the same meat, cover it, and endore it with a raw egge allayed; bake it the space of one hour and a half, and serve it uncovered with a sauce.

32. *Tourte of Beatilles.*

Blanch your beatilles, put them into a sheet of paste seasoned and garnished as the tourte of young pigeons; bake it also alike, and serve it with a white sauce, or juice, or some ragoust of tostes; you may put to it some pistaches peeled, and minced.

The tourte of sparrowes is served like that of young pidgeons with a white sauce.

34. *Tourte of Larks.*

You may make it as that of the young pi-

geons; But here is yet another way. Dresse them, draw them, flat them, and passe them in the panne with lard, parsley, and mushrums, then put them into your paste, and season them with yolks of eggs, capers and all what you have. Cover up your tourte, and bake it two hours. After it is baked, serve it with a good sauce, or some juice.

35. *Tourte of veale sweet breads.*

You may put them into fine or puft paste, sticked and rosted, well seasoned and garnished, or else passe them in the panne with mushrums, combes, trousles, morilles, yolks of eggs, bottoms of hartichocks, or some broken sparagus, and thus make up your tourt, which you shall serve with a thickning of mushrums upon it.

36. *Tourte of brawn of capon.*

Take some quantity of brawns of capon, mince them very small, and allay them with two yolks of eggs, fresh butter, a little salt, pistaches, much sugar; a little juice, or good broath; make up your tourte with fine or puft paste, sugar it well, and if you will, you may adde to it besides some *pignons* and corants.

Advise.

Your pasties for keeping, or to carry far off, may be made with Rie meal.

They that are to be eaten readily, make them with a past more then half fine.

The

The Engliſh pie is made with puſt paſte.

The tourte of Franchipanne is made of paſte allayed with whites of eggs.

All kinds of tourtes are made with fine or puſt paſte.

If you doe not find here all ſorts of divers paſtry worke, doe not wonder at it, for the intention is not to make a whole booke of them, but only to ſpeak of them by the by, for to give ſome ſhort inſtruction of what is moſt neceſſary, and what is ſerved up moſt ordinarily, for to intermingle and diverſifie the Courſes.

A Table of faſting daies Potages out of Lent.

Potage of herbs 1
Potage of Crawfiſh 2
Potage of Carps 3
Potage of tenches farced 4
Potage of farced Carps with turnips 5
Potage of roſted Carps 6
Queens potage 7
Princes potage 8
Potage of Tortoiſe 9
Potage of farced muſhrums 10

Potage of Soals without bones farced 11
Potage of ſmelts 12
Potage of ſparagus 13
Potage of fiſh 14
Potage of Lettice farced, with peaſe broth 15
Potage of Coleworts (or cabidge) with fryed bread 16
Potage of Coleworts (or Cabidge) with milk 17
Potage of Coleworts (or Cabidge) with peaſe broth 18
Potage of pumpkin with butter 19
Potage of pumpkin with milk 20
Potage of turnips 21
Potage of milk with yolks of eggs 22
Potage of profiteoles (or ſmall vailes) 23
Potage of peaſe 24
Potage of herbs without butter 25
Potage of onion 26
Potage of Cowcombers farced 27
Potage of ſnow 28
Potage of Muſſels with eggs 29
Potage of oyſters 30
Potage of Grenoſſis 21
Potage of ſalmon with a ſweet ſauce 32
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Potage of bran 34
Potage of hops 35
Potage of raſberries 36
Potage of parſnips 37
Potage of leeks 38
Potage of farced Barnicle 39

Pot-

Potage of Eele pout 40
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Potage of coliſlowers 42
Potage of fidelle 43
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Potage of Tailladine 45
Potage of peaſe broth of green peaſe 46
Pottage of peaſe broth of old peaſe, ſerved up green 47
Potage of Barnicle with turnips 48
Potage of garniſhed Barnicle 49
Potage of leeks with peaſe broth 50
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Potage of herbs garniſhed with cowcumbers 52
Potage of onion with milk 53
Potage of Loſches 54
Potage of Vives or ſea dragons 55
Potage of Roches 56
Potage of farced muſhrum 57
Potage of Almond milk 58

7 A method for to make ready and ſerve up the faſt daies Potages.

WArm ſome water with butter and ſalt; then take ſorrel, bugloſe, burrage, ſuccory, or lettice, and beets; after they are well clenſed, cut them, and put them into an earthen pot, with the firſt cut of a loaf; boyl all ſome while, untill it be well conſumed; then ſoake your bread, take up and ſerve.

2. *Potage of Crawfiſh.*

Clenſe your Crawfiſh and ſeeth them with wine and vinegar, ſalt and pepper; after they are ſod, pick the feet and tail, and fry them with very freſh butter, and a little parſley, then take the bodies of your Crawfiſhes, and ſtamp them in a mortar, with an onion, ſome cloves, and mace, a little ginger, a little peper, and a little ſalt, hard eggs, and the crummes of a loaf; ſet them a ſoaking with ſome good herbe broth, or ſome other, if you will uſe peaſe porridge, it muſt be very clear; after it is boyled, ſtrain all together; after it is ſtrained, ſet it before the fire, then take ſome butter, with a little minced parſley, and fry it, then put it into your broth well ſeaſoned, and ſoak it with your dry cruſts, covered with a diſh or a plate, put alſo

alſo on your bread a little of a haſh of Carp, and juice of Muſhrums; fill up your diſh, and garniſh it with your feet and tailes of Crawfiſh, with Pomegranate, and juice of Lemon, and ſerve.

3. *Potage of Carp.*

Take out the bones of a Carp, and put the bones to boyl in peaſe porridge, with ſome onion or hard eggs, and crummes of bread, after they have boyled, ſtrain them, fry them with a litle parſly and put them in the broth again. After they have boyled, dry and ſoak your bread, make a haſh of the fleſh of your Carp; and when it is ſod, put it upon your bread, and fill it garniſhed with *Andovilletts*, and all well ſeaſoned, ſerve with lemon juice and muſhrums upon it.

4. *Potage of Tenches.*

Take your Tenches, take out the bones and the fleſh, then farce them with their fleſh minced very ſmall, after this you ſhall cloſe up again neatly the hole where at you have put in your farce, all being well ſeaſoned. As for the broth, take it, if you will of peaſe pottridge, or of turnips, or of herbs, or of tenches, or of almonds, or of carps, or of crawfiſh, it matters not, ſo that it be good; ſoake your bread, and garniſh it with tenches either farced or roſted, or with what other garniſh you will, then ſerve.

4. *Potage of Carps farced.*

Take out the bones and the fleſh of your Carps

Carps, and farce them with their own fleſh, ſowing up again very neatly the place where you have put in your farce, as at the tenches; ſeeth them in a diſh with broth, butter, verjuice, chibols, large mace, a bunch of ſweetherbs, and peper; ſeeth the bones and take out and ſtrain the broath thereof, which you ſhall have ſeaſoned with ſalt, peper, and crums of bread, ſoak your bread, and garniſh it with your farced carps, capers, Sampiere, pine ſeeds, and muſhrums, then ſerve.

6. Potage of roſted Carps.

After they are proſſed, ſlit them on the top, melt ſome butter, and endore your Carp with it, put it on the gridiron, and broyl it without ſcales, make a ſauce with butter, parſley, chibol; a drop of verjuice and vinegar, all well ſeaſoned and ſoaked with broth taken out of another pot, or with peaſe broath. Then take ſome turnips; cut them in two, after they are blanched, flowre them and fry them; after they are fryed, put them into a pot with ſome water or peaſe broath, and when they are ſod and ſeaſoned, ſoak your bread, and garniſh it with your carps, turnips, ſampiere, and with capers, then ſerve.

If you doe not put in turnips, you may garniſh with muſhrums, or cut ſparagus, and with the Melts of carps.

7. The Queens potage.

Take Carps or Tenches, ſeeth them with water, ſalt, and an onion, parſley, hard eggs,

and

and the crummes of a loaf; when they are ſod, ſtrain your broth, and put it into another pot, with as much butter as you would put into another broth; take ſome almonds, and ſtamp them well, mixe them with the half of your broath, and after they have boyled togeither a while, ſtrain them, and put in an onion ſticked with cloves, and ſet it upon a few vvarme cinders; ſoak your diſh vvith a little of your firſt broath, and fill up your diſh with vvhite broth, with the yolk of an egge allayed vvith verjuice, and the juice of muſhrums, ſo that it nevertheleſſe be not too much thickned; then ſerve garniſhed with Pomegranate, and ſlices of Lemon.

8. *The Princeſſes potage.*

Take peaſe broath, very clear, in it ſeeth the bones of Carps vvith ſome yolks of eggs, and a bundle of herbs, all well ſeaſoned, then dry a loaf and ſoak it, fry into it a very little of haſh of Carp, and juice of muſhrums; fill up your diſh by degrees as it is ſoaking, and garniſh it with muſhrums, trouſles, melts, liver of Eele-pouts, with all kind of herbs, Pomegranate, and vvith Lemon ſlices, then ſerve.

9. *Pottage of Tortoiſe.*

Dreſs them, and cut them into peeces, paſs them in the pann, with butter; parſley, and chibol; after they are well paſſed and ſeaſoned, ſet them a ſoaking in a diſh on the chafing

fing diſh with little broth. Which to make you ſhall clenſe wel your Tortoiſes, and ſeeth them in water, well ſeaſoned, and uſe it. Have a care you doe not burſt the gall in cutting of them; ſoak your bread, and then garniſh it with your Tortoiſes, and their ſauce, with ſparagus broken about the diſh, muſhrums, trouſſles, lemon ſlices, and the juice of muſhrums, then ſerve.

10. *Potage of Muſhrums farced.*

Take the pickings of your Muſhrums, and waſh them well; ſeeth them in water, or in ſome other broth, with an onion ſticked and a twigge of thime, all well ſeaſoned; ſtraine your broath, and put it into a pot, then paſs alſo your muſhrums in the pan with butter, parſley, pine apple ſeeds, and capers, and put them in the ſame pot again, you may make the ground of your potage with ſome Carp bones, which you ſhall boyl with your muſhrums; ſoak your bread, and when it is well ſoaked, put on it a bed of haſh of Carpes, and then fill it up with your implements by degrees as it doth ſoak; after it is filled, garniſh your potage with your muſhrums farced with the ſame farce wherewith you have made your haſh ſod between two diſhes, and with melts; and when you are ready to ſerve, put about it Pomegranate, or Lemon, then ſerve.

11. *Potage of Soals without bones farced.*

Fry them almoſt outright, and open them

along the bone, which you ſhal take out; take Melts, oyſters, capers, muſhrums, trouſles, and paſs them in the pan with parſley and whole chibols; farce your ſoales with theſe implements; and after they are farced, ſoak them with a little broth, freſh butter, lemon or orange juice or verjuice, ſoak your bread with the broth of any fiſh you have, as you will, and garniſh it with your ſoales, with muſhrums, trouſles, melts, and juice of muſhrums, and ſet about the diſh ſome ſlices of lemon, ſerve.

12. *Potage of Smelts.*

Make broth with Almonds, or fiſh, or muſhrums, or peaſe broth; all being well ſeaſoned, ſoake your bread, and put a little white broth over it, of yolks of egges allayed, and the juyce of muſhrums; take your ſmelts, fry them, and garniſh your potage with them, or if you will, before you garniſh, put them with ragouſt; which to doe, you ſhall take ſome parſley, chibols, butter and verjuice, and fry them together, and then ſtraine them, and after they are ſtrained, you ſhall put them vvith your ſmelts; ſerve them garniſht vvith pomegranate and lemons.

13. *Potage of Sparagus.*

Take ſtore of herbs, put them in a pot, vvith crums of bread, and ſeaſon them vvell, then fry them, and after they are fryed, put them againe in the pot; ſoake your bread, and garniſh it vvith ſparagus, vvhich you ſhal

ſhall have cauſed to ſeeth vvith vvater and ſalt, and being drayned, put them vvith freſh butter, ſalt, cinamon and nutmeg; over your potage, you ſhall ſerve fryed broken ſparagus, then ſerve.

Another way.

Uſe the ſame broth, put upon it a little of haſh of carpe garniſhed vvith fried ſparagus, and other muſhrums, and melts, then ſerve.

Another way.

After your bread is vvell ſoaked, garniſh it vvith hearbs and ſparagus, vvith capers and yolks of eggs, and ſerve. You may vvhiten your pottage if you vvill.

14. *Potage of haſlets of fiſh.*

Take carpes, take out the bones, and make a haſh with butter well ſeaſoned with good herbs, take the bones, and boil them with peaſe broath or other broath, with a bundle of herbs, butter and ſalt; then with your skins of carps, make ſome haſlets, that is ſome peeces of skins of carp ſpreading them; and putting them upon your haſh ſeaſoned, and egs for to thicken them, then roul them up like ſmall chitterlings; after they are thus rouled up, ſeeth them in a diſh with butter, a little verjuice and a chibol, after they are ready, garniſh your bread with your haſh and haſlets, and put upon it muſhrums and broken ſparagus, then ſerve.

15. *Pottage of lettice farced.*

Take lettice, blanch them in freſh water, make

make a farce of fish or of hearbs, and after you have farced them with it, set them a soaking in a pot with some pease broth, or some other broath, and season them well with butter, salt, and an onion sticked with cloves; soak your bread, and garnish it with your lettice, vvhich you shall cut into halfes; you may put to it a bed of a hash of fish, then serve.

16. *Pottage of Cabidge (or Coleworts,) with milke.*

Cut your Cabidge into quarters, and blanch them, then put them in the pot with water, store of butter, salt and peper, and an onion sticked with cloaves; after they are well sodden put some milk to them, soak your bread, and serve it garnished with your colewort (or cabidges.)

17. *Pottage of cabidge, or coleworts, with fried bread.*

Blanch your colevvorts, or cabidge, and put them in the pot, as aboveſaid, and serve garnished vvith fried bread.

18. *Pottage of coleworts, or cabidge, with peaſe broath.*

It is made as aboveſaid, but instead of water, you put them in the pot vvith peaſe broth: garnish and serve alike.

19. *Pottage of pumpkin with butter.*

Take your pumpkin, cut it into peeces, and seeth it vvith vvater and salt; after it is sod, straine it, and put it into a pot with an onion stick-

ſticked with cloves, freſh butter and pepper; ſoake your bread, and if yon will, allay three or four yolks of eggs, and powre them over it with broth, then ſerve.

20. *Potage of pumpkin with milk.*

Cut it and ſeeth it as aboveſaid, then paſs it through a ſtraining panne with ſome milk, and boyl it with butter, ſeaſon.d with ſalt, pepper, Cinamon, and an onion ſticked, and ſerve it with yolks of eggs allayed as aboveſaid.

21. *Potage of turnips fryed.*

Scrape your turnips well, and cut them into quarters, or in two, blanch them, flowre them, and paſſe them in the panne with refined butter, which you ſhall take away when it is very brown, and then you ſhall put your turnips in the pot w th ſome water, or with ſome peaſe broth, let them ſeeth well, and ſeaſon them; ſoake your bread, and garniſh it with your tu.nips, grapes and with capers, then ſerve.

Another way.

After your turnips are ſcraped, cut into quarters, and blanched, ſeeth them with water, butter, ſalt, and an onion ſticked with cloaves; after they are well ſod, ſoake your bread, and after you have put your turnips with ſome freſh butter, and ſtirred them often untill the butter is melted, garniſh your potage with them, and ſerve.

22. *Po-*

22. *Potage of milke with yolks of eggs.*

Take very new milk, and boile it, ſeaſon it with ſalt and ſugar; when it is ready to boil, allay ſeven yolks of eggs for one great diſh, and for a ſmall one proportionably, put them into your milk, and ſtirre it well, in making of it's broth, take bisket or bread, and make your potage with it, which you ſhall ſerve ſugred.

Another way.

Make your milke ready and garniſh it with eggs poached in water, well choſen and very new, to the end they may poach the better, then ſerve.

23. *Potage of* Profiteolles, *or ſmall vailes.*

Soak your bread with the beſt of your faſt daies broths, then take ſix ſmall loaves made for the purpoſe; dry them well, and open them on the top about the bigneſſe of one ſhilling, whereat you ſhall take out the crum; when they are very dry, fry them with refined butter, and after you have drained them well, ſet them a ſoaking upon your bread, when you are ready to ſerve, fill them up with all kinds of things, as with melts, muſhrums, broken ſparagus, troufles, hartichocks, and capers, cover up your loaves again with their covert, and garniſh with melts, muſhrums, pomgranates, and lemon ſlices, then ſerve.

24. *Potage of green peaſe.*

Paſſe them in the panne with butter or melted lard, the ſmalleſt and neweſt you can finde, and ſet them a ſoaking into a ſmall pot, well ſeaſoned with a little parſley and chibol; then ſoake a loafe with ſome herbe broath, or ſome old peaſe broath, after is is ſoaked, garniſh it with green peaſe, and ſerve.

Another way.

Take the biggeſt, and ſeeth them, then ſtrain out the broath of them, and fry ſome butter into it with a little parſly and minced chibol, and ſeaſon it well, ſoak your potage, and put capers into it, and garniſh it with fryed bread.

25. *Potage of herbs without butter.*

Take a great quantity of good herbs, when they are green, break them, put them into boiling water, with the firſt cut of a loafe, and ſeaſon them well, ſo that they may be ſomething ſharpiſh with ſtore of ſorrell; ſoak your bread, take up your potage, and mixe ſome capers with it, if you will, then ſerve.

For to make your potage ſomewhat ſharp, take halfe of the hearbs half ſod; and ſtraine them; and for to make it green, you muſt ſtamp ſome ſorrel.

26. *Potage of Onion.*

Cut your onions into very thinne ſlices, fry them with butter, and after they are fried put them into a pot with water or with peaſe, broath;

broath; after they are well ſod, put in it a cruſt of bread, and let it boyl a very little, you may put ſome capers in it; dry your bread, then ſoak it; take up, and ſerve with a drop of vinegar.

27. *Potage of cowcumbers farced.*

Take your cowcumbers, pare them, and empty them very neatly, blanch them; and after they are blanched in freſh water, drain them; make a farce with ſorrel, yolks of eggs, and whole eggs, all well ſeaſoned, and powre it into your cowcombers; after this put them into a pot with ſome water or peaſe broath, ſeeth and ſeaſon them well, with capers, if you will; then ſoake your bread, and garniſh it with your cowcombers, which you ſhall cut into quarters, then ſerve.

28. *Potage of Snow.*

It is made with milke well ſeaſoned with ſalt and ſugar, when you are ready to ſerve, take the whites of the yolks of eggs which you have allayed for to put into your milk; fry them well, and powre them into your milk, ſerve and ſugar them.

Another way for fleſh daies.

Soake your bread with ſome almond broth, a little minced meat and juice of mutton altogether; when you are ready to ſerve, frye ſome whites of eggs, and put them upon your potage, and paſſe the fire-ſhovel red hot over them, and ſerve.

29. Po-

29. *Potage of muſſles.*

Scrape and waſh them well, then boyle them in a panne with ſome water, ſalt, and an onion, after they are boiled, take them out, and picke them, taking off the ſhell to ſome, and leaving it to others for to garniſh; after they are thus picked, paſs them in the panne with a little minced parſley; as for your broth, after it is ſetled, leave the bottome, leaſt there be ſome gravell, then boil it, and when it boiles, fry into it a little parſley with ſome very freſh butter; ſoake your bread; after it is well ſoaked, take up your potage, garniſh it with your muſſles, and whiten it with yolks of eggs allayed in verjuice, if you will, then ſerve.

30. *Potage of oyſters.*

After your oyſters are well blanched and flowred, paſſe them in the panne with a little parſley, then ſoake them in a pot; ſoak your bread in other broth, as white meate; after it is well ſoaked, garniſh it with your oyſters; whereof you ſhall fry ſome, like fritters, for to garniſh with pomgranate, lemon ſlices, and juice of craw-fiſh, then ſerve.

31. *Potage of grenoſſs.*

Dreſs them and ſeeth them after the manner of ſtewing, ſeaſon it with all kinds of good herbs, with butter, and a drop of white wine: ſoake alſo your bread, and garniſh it with your grenoſſs, capers, muſhrums, and melts of carpes, if you have any, then ſerve.

32. Po-

32. *Potage of Salmon.*

Cut ſalmon into ſlices, and fry it, then ſoak it with a little white wine and ſome ſugar; ſoake alſo your bread with any other broath you have, ſo that it be well ſeaſoned; garniſh it with your ſalmon, the ſauce upon it, and thus let it boyl a little, then ſerve.

Another way.

Take your ſalmon when it is Cut into peeces, and paſſed through the panne, and ſeaſon it with ſome pepper, nutmeg, ginger, and ſalt them, put it a boyling with ſome whitewine, a little vinegar; a bunch of ſweet herbes, and a whole Chibold, and ſome blades of large mace; let this boyl a while, then put it to ſome of your beſt broth, and garniſh it with oyſters, yolkes of egges boyld hard, minced fine with fryed parſley, muſhrums, pomgranate, and ſliced lemon, ſoake your bread with your broth; ſerve.

33. *Potage of frogs with ſaffron.*

Truſſe up your frogs, and boyl them with broath, or with peaſe broth, and ſeaſon them with parſley, an onion ſticked with cloaves, and a twig of thime; ſoak your bread, and garniſh it with your frogs blanched, with ſaffron or yolks of eggs, then ſerve.

Another way.

Truſſe them up cherri-like, fry them, and ſtove them between two diſhes with a litle

freſh butter, a drop of verjuice, the juice of an orenge or a lemon, and ſeaſon them well vvith a bundle of herbs, then to make your broath, boile ſome with peaſe broath, or vvater, ſalt, parſley, chibols, one handfull of ſtamped almonds, and yolks of egges; after which you ſhall ſtraine altogether; ſoak your bread, upon which you may put a little of the haſh of carpe, or other fiſh, fill up your diſh and garniſh it vvith your frogs, lemon, and pomgranate, then ſerve.

34. *Pottage of bran.*

Take wheat bran the biggeſt you can find, boil it well vvith vvater, vvith one handfull of almonds, and a bundle of herbs, and ſeaſon it wel; then paſs it through a ſtrainer, and put it again to boile; ſoak your bread, and fill your diſh with this broath, which you may whiten if you will, with eggs allayed with verjuice, and garniſh it with fleurons if you haye any, then ſerve.

35. *Pottage of hops.*

Take good ſtore of herbs, which you ſhall ſeaſon as a pottage with the crums of a loaf, fry all, and put it to boyl in a pot, fry alſo ſome freſh butter in the pan with a little parſley, and a bundle of herbs, and poure it into your pot, ſoak your bread vvith your broath, after this, ſeeth your hops with water and ſalt; after it is ſod, and drained, put it with butter, and garniſh your bread with it, then ſerve your pottage whitened, if you

you will, with yolks of eggs allayed in verjuice.

36. *Potage of Rasberries.*

Allay some eggs with some rasberries, and strain all together, boyl some milk, well seasoned with salt, and when it boyls, pour your implements into it, and stir it well, take it up. garnish it with rasberries, and serve.

37. *Potage of Parsenips.*

Clense them well, and chuse the middle sized ones, seeth them with butter and a bundle of herbs and season them with salt, and clove sticked, then take them out, & take off the skin if you wil, and then put them with butter, and a drop of broath; stove them, and you shal find your sauce thickned; your bread being also well soaked, and your potage filled, garnish it with your Parsenips, then serve.

38. *Potage of Leeks.*

Take the white of your Leeks and cut them very small, keep some of them which you shall cut in length for to garnish, and fry them together; blanch them, and seeth them with peas broath or water; after they are sod, soak your bread, and garnish your potage with the Leeks you have cut in length, then serve.

You may whiten them with yolks of eggs allayed with verjuice.

You may also put to it some milk and pepper, and serve forthwith.

If you will ſerve them without whitening of them, you muſt ſeeth them with peaſe broth, put ſome capers, broom buds, ſampeire, cut ſmall, and pine ſeedes to them, and ſeaſon them well; ſoak and ſerve garniſhed as the other.

39. *Pottage of Barnicle farced.*

After it is well flayed, take off the fleſh, & mince it wel with butter, muſhrums, yolks of eggs, ſalt, Cinamon, beaten cloves, and mace, ginger and peper, fine herbs, as parſley, chibols, thime, two or three eggs raw for to bind the fleſh, then farce your Barnicle, and cloſe it up with a ſcure, or a thread; put it in the pot with peaſe broth, the cleareſt you can get, and ſeeth it well, it thickneth but too much with boyling; ſoak your bread, and take up your Barnicle with what garniſh you have, then ſerve.

40. *Pottage of Eele pouts.*

Flowr them, fry them, and garniſh your pottage with them, after that your bread is well ſoaked with the beſt of your broths, when it is very full, garniſh it with what you have, as muſhrums, trouffles, ſparagus, melts, and whiten them with almond broth, or otherwiſe with the broth of Crawfiſh.

41. *Pottage of broken Sparagus.*

Dry ſome cruſts, and ſoak them with the beſt of your broths, garniſh them with your ſparagus and muſhrums, and if you will with ſparagus at length, then ſerve.

If you will have them to reliſh of greeneneſs, blanch them in the broth wherwith you ſoak your bread.

42. *Pottage of Colliflowers.*

Fit your Coliflowers as for to put them with butter, and blanch them but very little, then make an end of ſeething them, and ſeaſon them well; ſoak your bread with any broth you have, and garniſh it with your Coliflowers fryed in butter, ſalt, and nutmegge, and beſprinckle them with almond broth, then ſerve.

43. *Pottage of* Fidelles.

Peele five or ſix onions, and mince them, boyl them with water and butter; after they are ſod, ſtrain them through a linnen cloth, and ſeeth your *Fidelles* with the broth, and ſeaſon them with ſalt and peper; after they are ſod, ſoak your bread, and garnish it with them, then ſerve.

You may ſeeth them with milk.

44. *Pottage of Rice.*

Whiten your Rice, and when it is very clean, burſt it in water, or milk; ſeeth it; after it is ſod, take ſome proportionably, and ſtrain it, for to make your broath; being ſeaſoned as the *Fidelles*, ſoak your bread, put a little Rice upon it, and garnish it with puft *Tailladins*, and *Fleurons*, then ſerve.

You may make a pottage with milk the ſame way, and ſerve it, if you will, ſugred, and garniſhed with *Macaron*.

45. *Potage of Tailladins.*

Make a paſte ſeaſoned onely with ſalt, ſpread it, and cut it as thin as you can after the forme of *Tailladins*, paſſe them in the pan, and ſoake them with a very little of good broth, after they are well ſoaked, take very little bread, and garniſh it with the reſt of your Tailladins, ſeaſoned as the Fidelles, then ſerve.

Another way.

If you have a little fine paſte, or puſt paſte, ſpread it and cut it into Tailladins, fry it in refined butter, garniſh your potage with it, and ſerve,

46. *Potage of green peaſe broth.*

Seeth your peaſe but a very little, beate them in a mortar, and ſtrain them with the broth of herbs well ſeaſoned, and a bundle of herbs, then take chibols, parſley, and butter, and all being fryed together, throw it into your peaſe broth, which you ſhall boyle.

For the garniſh, cleanſe ſome lettice, ſuccory, or cowcombers and ſmall peaſe fryed, and ſod with butter, ſalt, and a litle pepper; when you are ready to ſerve, ſoak your bread with your peaſe broth, and garniſh with what you have, or with artichocks bottomes if you will, then ſerve.

47. *Potage of peaſe broth of common peaſe ſerved green.*

Seeth them with water, to have done the

ſooner, take your peaſe broth out very clear, and when you are ready to uſe it, fry into it parſley, charvel, young ſorrel, butter, bran, and capers, then boyl it with all theſe ſeaſonings; ſoak your bread with ſome of your broth, and if you have nothing to garniſh with, garniſh it with fryed bread, or with *Fleurons*, then ſerve.

To ſerve it green, ſtamp beets or ſorrel, and lay it about your diſh.

48. *Potage of Barnicle with turnips.*

After your Barnicle is dreſſed, larde it with Eel or Carpe, then paſſe it in the pan, and ſeeth it with half water, and halfe peaſe broth well ſeaſoned with butter and a bundle of herbs; when it is almoſt ſod, cut your turnips, flowre them and paſſe them in the pan with butter, and when they are very brown, ſeeth them with your Barnicle; when it is ſod, ſoak your bread, and garniſh with it, together with your turnips. If your potage is not thickned enough, fry a little flowre into it, ſome capers, Sampeire cut ſmall, pine ſeeds, the meat of a lemon cut ſmall, and a drop of vinegar, then ſerve.

49. *Potage of Barnicle garniſhed.*

It is done as the other, but that if you will not have your turnips to be ſeen, you may ſtrain them, and ſeaſon them with a bundle of herbs or onion, and good butter: after it is well ſod, ſerve your potage well garniſhed with muſhrums and artichocks, and a little thickned.

50. *Potage of Leeks with peaſe broth.*

Whiten them a very little, and ſeeth them with poaſe broth, well ſeaſoned with butter and ſalt, ſoake your bread, garniſh it with your leeks, which for to whiten, allay ſome yolks of eggs with broth, and powre them on it, then ſerve.

Another way.

After your Leeks are ſod, and reduced to little water, put to them ſome milk well ſeaſoned, and ſerve.

51. *Potage of Burt.*

Take of the tailes and heads of your Burts, and half fry them, then put them in *raux* or *caſtrolle*, with a very long ſauce, and well thickned, ſoak your bread with ſome of the beſt of your broths, and garniſh it with your Burts at the top, with muſhrums, and capers, then ſerve.

If you have no fiſh broth, the peaſe broth is good.

52. *Potage of herbs garniſhed with cowcombers.*

Take all kind of herbs, cleanſe them wel, and ſoak them with butter and a bundle of herbs, over a ſmall fire, then by little and little fill them with warm water. After they are well boyled and ſeaſoned, put in the firſt cutting of a loaf, with an onion ſticked, the peele of an orenge minced, and ſome capers, if you will, and you may garniſh it with ſodden lettice; and you may alſo ſeeth

ſome

ſome peaſe among the herbs; ſerve readily, and garniſh with cowcombers.

53. *Potage of onion with milk.*

After your onion is cut very thinne, and fried with butter till it be very brown, ſeeth it with a little water, well ſeaſoned with ſalt and peper; after it is enough, put milk to it, then boil it, and ſerve readily, ſoaking your dry cruſts.

54. *Potage of Loſches.*

Being whole, farce them with a little ſorrel, clear yolks of eggs, and milk, and ſeaſon them well with melted butter, mixe all togethter without ſlowring them, but of themſelves, and ſeeth them with butter, parſley, ſalt, and pepper, and ſoak your cruſts with the beſt of your broths, and a little oyſter liquor, and garniſh them with your *Loſches*, which you ſhall whiten with the yolks of egg,, then ſerve.

You may ſerve them at the Entree or firſt courſe, or fry them; you may alſo garniſh ſome potage with them, or uſe them that it may be brown; and garniſh as ſoon as they are fryed.

55. *Potage of Vives or Sea dragons.*

After they are well cleanſed, boyl them with a little peaſe broth and white wine, onion ſticked, or a bundle of herbs, all wel ſeaſoned, then take out your Seadragons, and put them with ragouſt, taking ſome thick-

ning or trouſles; let them ſoak well ſeaſoned with ſalt, freſh butter, minced capers, and one anchovie, and cover them; paſſe the broth through a ſtrainer, and boyl it with freſh butter, paſte, parſley, and minced capers; ſoake a cruſt of bread, and put over it a few minced muſhrums, and of the fleſh of a Sea-dragon; when it is well ſoaked, garniſh it with your Seadragons, and the ragouſt upon, then ſerve.

The potage of Rochet is made, ſerved, and garniſh'd alike.

57. *Potage of Muſhrums farced.*

It is made the ſame way as that of the Princeſs; garniſh it with your muſhrums farced, and with melts, fill up with the beſt of your broth, with ſuch other garniſh as you will, and ſerve.

58. *Potage of Almond milk.*

After your Almonds are ſtamped, ſoak them with milk and the crumms of one loaf; then ſtrain them, and ſeaſon them with ſalt and ſugar; when you are ready to ſerve, put ſome ſugar in it again, and ſerve.

A Table of the Entrees (or first courses) for fish dayes out of lent.

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Pike with ragouſt	2
Tenches with ragouſt	3
Farced Tenches with ragouſt	4
Tenches fried and pickled	5
Stewed carp	6
Carpe farced with ragouſt	7
Carpe fryed with ragouſt	8
Carpe broyled with ragouſt	9
Carpe with a half ſhort broath	10
Haſh of carpes	11
Bream with ragouſt	12
Salmon with ragouſt	13
Stewed ſalmon	14
Troutes ſalmoned	15
Eelpout with ragouſt	16
Eelpout fryed with ragouſt	17
Oiſters with half ſhorth broth	18
Ciſters with ragouſt	19
Ciſters in fritters	20
Ciſters broiled	21
Vilain with ragouſt	22
Vilain with a ſhort broth	23
Vilain ſtewed	24
Soies broiled and farced	25
Soies broiled without farce	26
Soies ſtewed	27

Barbels with ragouſt 28
Barbels roſted 29
Barbels with half ſhort broath 30
Barbels with ſhort broath 31
Stewed barbels 32
Barbels in Caſtrolle 33
Burts in Caſtrolle 34
Fried Burts 35
Burts fried with the juice of oreng 36
Plaice in Caſtrolle 37
Plaice roſted 38
Barnicle with ragouſt 39
Barnicle with ſhort broath 40
Barnicle roſted with ragouſt 41
Barnicle without bones, farced 42
Chawmes roſted with ragouſt 43
Chawmes with ſhort broath 44
Chawmes ſtewed 45
Lamprey with ragouſt 46
Lamprey on the gridiron with ragouſt 47
Lamprey with a ſweet ſauce 48
Eel roſted, with a green ſauce 49
Stewed Eel 50
Eel like ſervelat 51
Eele with ragouſt 52
Sea Eele 53
Sea Eel ſtewed 54
Sea Eele fryed with ragouſt 55
Lobſter with ſhort broath 56
Lobſter with a white ſauce 57
Langouſte with ſhort broath 58
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Pike farced 60
Pike rosted on the spit 61
Fresh mackerel rosted 62
Fresh herring broiled 63
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Pilchers of Royant 65
Rochet with ragoust 66
Grenosts with ragoust 67
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Cod with half short broath 69
Fresh cod with ragoust 70
Green fish 71
Soupresse of fish 72
Gammon of fish 73
Mussels 74
Raye fryed with ragoust 75
Smelts with ragoust 76
Tripes of cod fried 77
Cuttle-fish fried 78
Poor Jhon fried 79
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Joale of salmon with a sweet sauce 81
Joale or chine of salmon in salat 82
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Pickled herrings 85
Red herrings 86
Common or ordinary troutes 87
Pie of Eele pouts 88
Eele pie 89
Pie of Grenosts 90
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Pie of plaices 92
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8. A ready Method how to make ready the fish services contained in the precedent Table.

1. *Soales with ragouſt.*

TAke your ſoales, ſcrape and empty them, drain them, and wipe them dry, then flowre them and paſſe them in the pan half fried; afterwards open them, take out the bone, and farce them with capers, pine ſeeds, ſamphire, the peel, of a lemon finely minced, a little nutmeg large mace, and ſalt, muſhrums, trouſſes melts, very freſh butter, a few chippings of bread, a chibol, a little verjuice and broath, ſoake all together, and ſerve with the juice of a lemon over it.

2. *Pike with ragouſt.*

Cut it into peeces, and put it into a pot with white wine, a bundle of herbs, and butter very freſh, and ſeaſon it well with capers, lemon cut through with your knife, roſemary, and muſhrums; then after the ſauce is very ſhort, and well thickned, ſerve

ſerve it with ſlices of lemon and pomgranate.

3. *Tenches with ragouſt.*

Scald and dreſſe them, cut them into ſlices, and waſh them well, then boile them in a pipkin with ſalt, peper, mace and an onyon; put in it halfe a pint of white-wine, and a little minced parſley; and the ſauce being very ſhort, thicken it with yolks of eggs, then ſerve.

4. *Tenches farced with ragouſt.*

Scald them, and take out the bones, then make a farce with the fleſh, which you ſhall ſeaſon; and with it farce your tenches, with the yolks of hard eggs; then ſet them a ſoaking in a diſh with a little broath and white-wine, a few chippings of bread, muſhrums, if you have any, ſparagus, melts, and trouffles, then ſerve.

5. *Tenches fryed and pickled.*

After they are dreſſed, cut them in the middle, then pickle them with ſalt, pepper, onion, and lemon peele; after they are pickled, take them out and dry them, flowre them with flowre, or allay two or three egs with a little flowre and ſalt, and fry them with refined butter; after they are fryed, ſet them a little a boyling with their pickle, then ſerve, and garniſh with what you have.

6. *Carpes ſtewed.*

Dreſſe your carpes, take off the ſcales, and cut them proportionably to their bigneſſe, ſeeth them in a pot, kittle, or skellet; with white

white or claret wine, and seaſon them well with ſalt, cloave, peper, minced onyon, chibol, capers and ſome cruſts of bread; ſeeth all well together: and when it is enough, and the ſauce thickned and ſhort, ſerve.

7. *Carpe farced with ragouſt.*

After your carpe is well ſcaled, emptie it, and cut it along the back bone, take off the skinne and take out the fleſh, which you ſhall mince very ſmall, and ſeaſon it with parſley, freſh butter, ſalt, pepper, cloaves and mace, a little ginger, yolks of eggs, milke, and melts, then make a ragouſt, with broth, verjuice, freſh butter, muſhrums, ſparagus, and chibols; after it is well ſod, and the ſauce well thickned with chippings and capers, ſerve.

8. *Carpe fryed with ragouſt.*

You muſt ſcale it and empty it, then ſlit it, and take out the bone, powder it with ſalt and flowre it, then fry it in refined butter; after it is fryed, ſerve it dry with the juice of an orange over it.

9. *Carpe broyled with ragouſt.*

Emptie it as it comes out of the water, ſlice it on the top, butter it, and put it on the gridiron; when it is broiled, make a ſauce with freſh butter paſſed in the panne, parſley and chibol minced very ſmall, verjuice, vinegar, and a little broth, ſeaſon all well, and ſeeth it with capers; if you will, ſerve with a greene ſauce, and ſerve as ſoone as you have put it in.

10. *Carpe*

10. *Carpe with halfe ſhort broath.*

Take your carpe as it comes out of the water, emptie it and cut it proportionably to its bigneſſe, put it with vinegar, a very little ſalt, peper, and minced onyon, then put it with capers and very freſh butter, ſeeth it in a kettle with it's implements; and when the ſauce is thickned, put it into a diſh, leaſt it ſhould ſmell of the braſſe, and ſerve.

11. *Haſh of Carpes.*

Take carpes, ſcale them, emptie them, and take off the skinne, cutting it at the gills, and taking it off beneath, after they are unskinn'd, take off the fleſh, and mince it with parſley, then allay it with ſome broath and very freſh butter, ſeaſon it well, and ſeeth it with a bundle of herbs; when it is well ſod, put to it creame or milke with yolks of eggs, if you will, and ſerve, well garniſhed with ſparagus, and melts of carpes.

An other way after the Italian.

Take your carpe and draw him, then put a little vinegar into him to make him bleed, and ſave the blood in a pipkin, then waſh your carpe and boyle him in water, ſome white wine, ſalt and ſweet herbs, then take your blood and put into it the melt of the carpe, cut ſmall ſome oyſters, muſhrums, a few capers, large mace, nutmegg, peper, and ſalt, let theſe boyle together, very leaſurely over a gentle fire, then burne a little butter in the panne, to colour your ſauce, and ſerve it

it on your carpes garnished with smelts and small shell fish as you see occcasion, sliced lemons, barberries, grapes; Rub the bottome of your dish with a cloave of garlicke before you dish it, dish it upon your bread being fryed and soaked in your sauce.

12. *Breame with ragoust.*

Emptie it, and put a bundle of herbs into the body of it, melt some butter, rubbe it with it on the outside, and put it on the gridiron; after it is broiled, make a sauce with fresh butter, capers, parsley, and minced chibols, soake it well with vinegar, and a little broath; after the sauce is well thickned, serve.

13. *Salmon with ragoust.*

Broyle it sticked with cloaves; after it is broyled, put it with a little very fresh butter, wine, salt, pepper, and sugar, stew all together, untill the sauce be short, and almost in a sirup, then serve.

14. *Salmon stewed.*

Cut it into slices of the thickneſſe of two or three fingers, and put it after the way of stewing, sticked with cloaves in a kettle with white or red wine, well seasoned with butter, salt and minced onyon; seeth it well with capers if you have any, when the sauce is short and thickned, serve, and garnish with what you will.

15. *Troutes salmon'd.*

Seeth and pickle them, and serve them the same

ſame way as the comm on troutes, of which you have the direction here under.

16. *Eele poutes with ragouſt.*

Scrape them in warme water vntill they be white, emptie them, and put them in white wine, freſh butter, ſalt, pepper, onyon, and capers, ſtew them gently, and have a care that your ſauce may not turne, that is, that it do not become oilie; garniſh with muſhrums and melts, and ſerve.

17. *Eele poutes fryed with ragouſt.*

After they are dreſſed, if they are bigge, ſlit them on the back, and flowre them, then fry them halfe with refined butter; put them with ragouſt, and fry into it freſh butter, capers, juice of muſhrums, parſley, chibols, ſalt and pepper, and the ſauce being very ſhort and thickned, ſerve.

Another way of Eele poutes ſtewed.

After they are ſcalded, or as many do flea them, cut them, or leave them whole, and ſtew them with white wine, a little onyon, which if you will not have ſeene, you may ſtick whole with cloaves, ſalt, pepper, butter, and a bunch of fine herbs; after they are ſod, and the ſauce very ſhort and thickned, ſerve; you may put to it capers, anchovies, ſampeire, or grapes.

18. *Oyſters with halfe ſhort broth ſalted.*

Blanch them well in water, then paſſe them in the panne with butter, parſley, chibols, and ſeaſon them well, ſtew them with

a

a little white wine; after they are ſod, and the ſauce well thickned, ſerve.

Another way.

As they come out of the ſhell, put them on the chauſing diſh with freſh butter, nutmeg, chibols ſticked with cloaves, thime, a few chippings of bread, and the juice of an orenge or a lemon; after they are ſod, ſerve.

Another way.

Take them dead or alive cleanſe and blanch them well, then paſſe them in the panne with an onyon very ſmall, good freſh butter and capers, ſeaſon them well, when they are ſod, ſerve; you may fry them with lard and the ſame ſeaſoning.

19. *Oyſters with ragouſt.*

Take them very new, open them, and take heed they be not dry, by ſtriking one againſt another; For they which ſound hollow, and dry, are onely good for to be ſalted; after you have taken them out of the ſhell, take the gravell out of them, and put them in a diſh with their water, and fry them with freſh butter, onyon, parſley well minced, capers, and a few chippings of bread, when they are enough, ſerve.

20. *Oiſters in fritters.*

Take them very new and blanch them, drain and dry them well; make a paſte with verjuice or milk, wherewith you ſhall allay your flowre ſeaſoned with ſalt; with an egge, or more proportionably; put your oiſters into theſe

theſe implements, and take ſome refined butter, heat it well, and put your oyſters therein one after another; after they are fryed, drain them, and ſtrew on them a little ſmall ſalt, beaten nutmegg, lemon pill, and ſpinage ſcalded and minced finely, and fryed parſley, then ſerve.

21. *Oyſters broyled.*

Open them, chooſe the beſt, and let the lye in their ſhell, for to eat them new; to them which are ſomething altered, put a very little freſh butter, with a little bread fryed, and a little nutmegge; then ſet them on the gridiron, after they are roſted, paſſe the fire-ſhovell red hot over them, that they may have a colour, and take heed they be not too dry, and ſerve.

22. Vilain *with ragouſt.*

After it is dreſſed, broil it on the gridiron with a bundle of herbes in the body of it wel ſeaſoned, after it is roſted, paſſe in the panne an onyõ minced with freſh butter, chippings, capers, and anchovies, all well ſeaſoned according to your taſt; ſtew all together, and ſerve.

23. *Vilain with ſhort broth.*

Broile it, after it is taken out of its broth; make a ſauce *Robert*, and ſtew it with it, and ſerve with parſley.

24. *Vilain ſtewed.*

You may ſtew it as a Carp, and ſeaſon it well with capers, chibols, parſley, and good freſh

freſh butter, the ſauce being very ſhort, ſerve.

25. *Soies broiled and farced.*

Dreſs them as they come out of the water, and endore them with butter, then put them on the gridiron, vvith a little farce, or vvith ſome ſalt, and a twigge of Sage.

For to make your farce take ſorrell, parſley, and raw yolks of eggs, mince and ſeaſon all together with a twigge of thime, then put it into your Soies and make a ſauce with freſh butter, ſalt, vinegar, peper, chibol, and parſley, all paſſed in the panne, and the ſauce very short, ſerve with a little nutmegge upon it.

26. *Soies broiled without farce.*

Broil them without farce, make a ſauce alike; to which you ſhall adde ſome capers, then ſerve.

27. *Soies ſtewed.*

Put them as a Carp, thicken the ſauce wel, garnish it with your Soies, and ſerve.

28. *Barbels with ragouſt.*

If they are ſmall, ſtew them, ſeeth them wel; and ſerve; it is all the ragouſt that one may give them.

29. *Barbell roſted.*

If they are meanly big, dreſs them, and broyl them on the gridiron, and ſerve with a ſauce of ſharp taſt.

30. *Barbels with halfe ſhort broth.*

Take them big enough, put them with the half

half ſhort broth, with white wine, freſh butter, ſalt, pepper, chibols, parſley, and capers, after they are well ſod, and the ſauce thickned, ſerve.

31. *Barbels with ſhort broth.*

Seeth them in their ſhort broth, after they are ſod, take off the skinne, and put them on a diſh, then make your ſauce thickned, and put it over it; vvhich for to make vvell, take halfe a pound of nevv butter, vvith a drop of vinegar, or a little of halfe ſhort broth; melt it, and as it melteth, put into it one or two yolks of eggs proportionably, thicken it well, and take heed it becomes not oyly.

For to make it with vinegar alone, take nutmeg, ginger, ſalt, gooſeberries, or verjuice; ſeeth all in butter; when it is ſod, take it out of your butter, and put it with your ſauce, then ſerve, for the ſauce can not be warmed again, without much prejudice and harme.

32. *Barbels ſtewed.*

They are done as the Carp, either whole or cut, with verjuice of grapes.

33. *Dabs in Caſtrolle.*

Dreſs them, and empty them under the gils, cleanſe them well, and draine them; after they are drained, put them in a baſon or a skellet, vvith butter, chibols under, beaten clove, ſalt, peper, capers, a little white wine or vinegar, and mushrums, ſeeth all together leaſurely, leſt the flesh break off; after they are well ſod, and the ſauce thickned,

ned, ſerve the white ſide underneath, and garniſh with your muſhrums.

34. *Burts in Caſtrolle.*

Dreſs and fit them as the Dabs, and ſerve alike.

35. *Burts fryed.*

Fry them, and put them with ragouſt, with the juice of orange, freſh butter, a whole chibol, and minced capers, then ſerve.

36. *Burts broiled.*

Broil them on the gridiron, and make a ſauce with butter, onion, parſley, ſalt, pepper, and vinegar; after all is well fryed together, ſoake it with your Burts, let the ſauce be well allayed, and ſerve.

37. *Plaice in Caſtrolle.*

Dreſs them as the Dabs, but on the other ſide, ſeeth, and make them ready alike, and ſerve.

38. *Plaice roſted.*

The Plaice are roſted as the Burts.

39. *Barniele with ragouſt.*

Pull it well, and dreſs it as a Duck, then lard it with great lardons of Eele or Carp, ſpit it, and in turning it, baſte it with butter, vinegar, ſalt, pepper, chibols, and lemon peele; after it is half roſted, put it in a pot with water, and the ſauce wherewith you have baſted it; after it is well ſod, and ſeaſoned, put to it muſhrums, with capers, and ſerve.

40. Barni-

40. *Barnicle with short breath.*

Dresse and lard it as above, then seeth it with water, and season it well, when it is half sod, put to it a quarte of white wine, and seeth it well, then serve it with parsley over it.

41. *Barnicle rosted with ragouſt.*

Rost it on the spit; after it is well rosted, put it on the gridiron, and make to it a sauce *Robert*, or such other as you will, then serve.

42. *Barnickle without bones farced.*

Farce it with what you have, mixed, and minced with the flesh of it, and put it with ragouſt, after it is sod, garnish it also with what you can, as mushrums, trousles, sparagus, *andovillets*, melts, *rissolls*, or *fleurons*, season all well, and serve.

43. *Chewmes with rosted ragouſt.*

Empty it at the gil, and put in it a little salt, fine herbs, and an onion, rost it; after it is rosted, make a sauce with fresh butter, chibols, minced parsley, capers, goosberries, or verjuice, all passed in the panne, and well seasoned, stew it with your chewme; allay the liver of it with the sauce, if it is not thickned; or garnish with it, then serve.

44. *Chewme with short broth.*

Seeth it with a short broth, and when it is halfe sod, take it out and set it on the gridiron, then soak it with a brown sauce, and serve.

45. *Chevine ſtewed.*

Scald it wel, ſeeth it after the way of ſtewing, after it is ſtewed very wel, and the ſauce allayed, ſo that it be not oyly, ſerve.

46. *Lampraye with ragouſt*

After is dreſſed, make it ready and ſerve it as the Aloſe ſtoved.

47. *Lampraye on the gridiron with ragouſt.*

After it is dreſſed, cut it proportionable to its bigneſs, then put it on the gridiron: after it is broiled, make to it ſuch a ſauce as you will, ſo that it be of ſharp taſt, then ſerve.

48. *Lampraye with ſweet ſauce.*

Dreſſe and cut it alike, make a ſauce with vinegar, ſugar, two or three cloves, a little butter, and a little ſalt; ſtove, and ſerve.

Another way.

Cut it into ſmall peeces, and ſeeth it with wine, and ſugar, and ſeaſon it a very little because of the ſugar, mixe with it a little butter and capers, then ſerve.

49. *Eele roſted with a green ſauce.*

Cut it in lengths, and roſt it on the gridiron, then take ſorrel, or beets, and take out the juice, fry an onion very ſmall, ſeaſoned with ſalt, pepper, a drop of vinegar, minced capers, and orange peele; gently ſtew your Eele with this ſauce, and when you are ready to ſerve, and your ſauce well allayed; powre your juice over it, then ſerve.

50. E

50. *Eele Stewed.*

Cut it into peeces, and ſtew it with parſly, ppers, white wine, freſh butter, all well ſea-ned, then ſerve.

51. *Eele like Servelat.*

Dreſſe your Eel, and skinne it; which to e, take it next to the head, and cut it, en with a clout draw the skin downwards; er it is skinned cleave it in two, and take the bone, beat it well, and ſlice it in two, ead your two ſlices, and put to it pepper, lt, butter, and parſley, rowle them up, and e them very faſt, put them into a pot with ite wine, well ſeaſoned, and ſeeth them ell; after it is well ſod, take it up, and cut into ſlices, garniſh a plate with it, and rve.

52. *Eele with ragouſt.*

Cut it into peeces, and put it in a pan, or killet with white wine, butter, chibols, min-d parſley, capers, ſalt peper, and a few chip-gs of bread to allay the ſauce; after it is nough, ſerve, and, if you will, whiten with lks of eggs in verjuice.

Another way.

You may fry it with refined butter, or le; after it is dreſſed, cut the ſides, and take t the bones, pickle it a while, and if you ill garniſh with it, fry it as ſoon as you will; it is to ſerve warme, fry it onely when you ve uſe for it; which you ſhall doe after you ve dryed it well, cut very thin and flow-

red, or fryed in a paſte. Serve with juice of orange or lemon.

Another wty.

Broil it as the Lampraye, and ſeaſon it with Sharp ſauce, with what garniſh you will.

53. *Sea* Eele.

Make it ready as the firſt ragouſt of common Eel.

54. *Sea* Eele *ſtewed.*

After it is dreſſed, cut it into lumps, and ſeaſon it as the other ſtewings.

55. *Sea* Eele *fryed with ragouſt*

Make it as the ſecond ragouſt of comm Eel, then ſerve.

56. *Lobſter with ſhort broth.*

Seeth it with ſhort broth, well ſeaſone with what is neceſſary; after it is ſod, cle it in two, and ſerve it with vinegar a parſley.

57. L*obſter with a white ſauce.*

After it is ſod, break it, and cut the fle into peeces, which you ſhall fry wit h bu ter, minced parſley, and a drop of verjui which being done, take three or foure yol of eggs with a little of nutmeg, and p them in the panne, ſerve forthwith and g niſh with the feet of your lobſter.

58. L*angouſte with ſhort broth.*

Seeth it, ſeaſon and fry it as the lobſte and garniſh with the feet of your langouſt then ſerve.

59. *Langouſte with white ſauce.*

It is done the ſame way as the lobſter ſerve it dry with parſley.

60. *Pike farced.*

Slit it all along the back, and take off the skin from the head to the tail, take out the fleſh and the ſmall bones, leave the backe bones for to keep it the firmer when it is farced. Which to doe, take half of fleſh of pike, and half of carpe, or of eele, mince it very ſmall with parſley, raw yolks of eggs, ſalt, pepper, fine herbs, butter and milke mixed togeather, with muſhrums, farce your pike, and ſow it up again, then ſeeth it in a dripping panne, make your ſauce with fiſh broth, or peaſe broth, a drop of verjuice, and a litle vinegar, which you ſhall paſſe in the panne with parſley, capers and muſhrums, which you ſhall ſeaſon and ſeeth well; ſerve and garniſh with what you will, after it is well ſod.

61. *Pike roſted on the ſpit.*

Dreſſe it the ſame way, and ſpit it, to the end it may hold faſt, wrap it with buttered paper, and when it is roſted, take it off the ſpit, and ſoake it in the ſame ſauce as the other, and garniſh it with muſhrums, melts of carps, piſtaches, trouſſles, and broken ſparagus, and have a care that the ſauce be not too fat; then ſerve with pomgranate, or lemon peele.

62. Freſh mackerells roſted.

Roſt them with fennell, after they are roſted, open them, and take out the bone; then make a good ſauce with butter, parſley, and gooſeberries, all well ſeaſoned; ſoake your mackerells a very little with your ſauce, then ſerve.

63. Freſh herring broiled.

Empty them at the gills, and broile them on the gridiron, moiſtened with butter; after they are broiled, make a ſauce with freſh butter, a drop of vinegar, ſalt, peper, and nutmegg, mixe ſome muſtard with it, and ſerve.

64. Herrings with browne ſauce.

After your herrings are broyled, make a browne ſauce, making your butter browne in the panne with parſley, and chibols minced, which you ſhall put into your browne butter with a drop of vinegar; if you will, put to it capers, and ſerve.

65. Pilchers of Royant.

After you have ſcaled them, make them ready as the broiled herrings, ſerve with a white or browne ſauce with muſtard.

66. Rochet with ragouſt.

After it is well dreſſed, put it into a diſh, and ſeaſon it well with butter, ſalt, peper, a bundle of herbs, muſhrums, minced parſley, verjuice and broth; ſeeth it between two diſhes; after it is ſod, ſerve it with a ſauce thickened; as for the garniſh, you ſhall put ſome if you

you have any, if not, you ſhall let it alone. You may alſo make it ready as the *grenoſt* which followeth.

67. *Grenoſt with ragouſt.*

Dreſſe and ſlit it, then butter it well on the outſide, and broile it on the gridiron; after it is broiled, make a browne ſauce, with which you ſhall ſoake it, for to cauſe it to take ſalt, and the ſavour of what you have put to it, ſerve.

68. *Freſh cod broiled with ragouſt.*

After it is dreſſed, you muſt butter it, and broile it on the gridiron, ſeaſoned with ſalt and clove ſticked; as it is broiling, baſt it with butter; after it is broyled, make a ſauce with very freſh butter, into which, after it is halfe browne, you ſhall put ſome minced parſley, and if you will, ſome onyon or chibol, which you may take out, for ſuch as are fantaſticall; mixe a little broth with it, a drop of vinegar and minced capers; ſoake your cod in its ſauce; when you are ready to ſerve, put ſome muſtard in it, if you will, then ſerve.

69. *Cod with halfe ſhort broth.*

Seeth it with white wine, ſalt, pepper, and a bundle of herbs; after it is ſod, drain it, and make a ſauce with butter, a little of its ſhort broth; a little nutmegge, and ſalt; ſet it on the fire, and turne it well; in turning of it allay it with two yolks of eggs; and powre on it your Cod, then serve.

70. *Freſh*

70. *Freſh Cod with ragouſt:*

After it is ſcaled, emptie it, ſlit it at the eap, then put it into a dripping panne, or into a flat baſon, with good butter, ſalt, peper, and beaten cloves, ſome chibbols under, broth or peaſe broth; boyl all, and put to it ſome parſley, a drop of vinegar, and a few chippings of bread over it; ſeeth it before the fire, or in an oven, which is beſt; after it is ſod, ſerve.

71. *Green fiſh.*

Take it unſalted, ſcrape it, and ſeeth it in a kettle with freſh water, boyle it a very little, and ſcim it; after it is ſcimmed, take it off the fire, and cover it with ſome table cloth in double; when you are ready to ſerve, ſet it a draining; make a ſauce with ſome butter alone, take heed that it curdle not, put it upon your fiſh, and ſerve with parſley on it, and about it.

72. *Soupreſſe of fiſh.*

Take the fleſh of Carp, Eele, and Tench, mince them together, and ſeaſon them with a little butter very freſh, with capers, ſampeir, ſome blades of large mace, and fine herbs; ſet up all into a linnen cloth, and tie it, then ſeeth with white wine like a ſhort broth; after it is ſod, ſet it a draining; after it is drained, untie it, cut it into ſlices, and ſerve it on a plate as a gammon of bacon.

73. *Gammon of fiſh.*

It is made the ſame way as the Soupreſſe, but

but that you do wrap in your implements with carp skinne, over a wrapping of butter'd paper, and over it yet a linnen cloth, ſeeth it alike, and ſerve it cold, as a gammon of bacon.

74 *Muſſes.*

Cleanſe them, and boyl them a very little with a bundle of herbs, as ſoone as they are opened, take them up, and take them out of the ſhell, then fry them with freſh butter, parſley, and minced chibols, ſeaſoned with pepper and nutmegg, then allay ſome yolks of eggs with verjuice, and mixe them together, ſerve, and garnith with the beſt ſhaped of their ſhels.

75. *Ray fryed with ragouſt.*

Dreſſe it, waſh it well, and take off the ſlime which is upon it, then emptie it, and take out the liver very neatly, and the gall alſo; if your Rave is bigg, take off the two ſides alſo, and leave the body; ſeeth them with white wine, or verjuice, ſalt, pepper, large mace, onion, & fine herbs; when they are ſod, let them take ſalt a little, & take heed of the reliſh of the braſs; after that, take them out, & take off the skinne, make a browne ſauce with butter, parſley, and chibol, very ſmall, & fried with browne butter; put a drop of vinegar to it, & a peece of liver, & ſoake it with it, ſerve with gooſeberries, or verjuice in the ſeaſon, and garniſhed on the top with the reſt of the liver which you had in the kettle,

70. *Fresh Cod with ragoust.*

After it is scaled, emptie it, slit it at the esp, then put it into a dripping panne, or into a flat bason, with good butter, salt, peper, and beaten cloves, some chibbols under, broth or pease broth; boyl all, and put to it some parsley, a drop of vinegar, and a few chippings of bread over it; seeth it before the fire, or in an oven, which is best; after it is sod, serve.

71. *Green fish.*

Take it unsalted, scrape it, and seeth it in a kettle with fresh water, boyle it a very little, and scim it; after it is scimmed, take it off the fire, and cover it with some table cloth in double; when you are ready to serve, set it a draining; make a sauce with some butter alone, take heed that it curdle not, put it upon your fish, and serve with parsley on it, and about it.

72. *Soupresse of fish.*

Take the flesh of Carp, Eele, and Tench, mince them together, and season them with a little butter very fresh, with capers, sampeir, some blades of large mace, and fine herbs; set up all into a linnen cloth, and tie it, then seeth with white wine like a short broth; after it is sod, set it a draining; after it is drained, untie it, cut it into slices, and serve it on a plate as a gammon of bacon.

73. *Gammon of fish.*

It is made the same way as the Soupresse, but

but that you do wrap in your implements with carp skinne, over a wrapping of butter'd paper, and over it yet a linnen cloth, seeth it alike, and serve it cold, as a gammon of bacon.

74 *Muſles.*

Clenſe them, and boyl them a very little with a bundle of herbs, as ſoone as they are opened, take them up, and take them out of the ſhell, then fry them with freſh butter, parſley, and minced chibols, ſeaſoned with pepper and nutmegg, then allay ſome yolks of eggs with verjuice, and mixe them together, ſerve, and garnith with the beſt ſhaped of their ſhels.

75. *Ray fryed with ragouſt.*

Dreſſe it, waſh it well, and take off the ſlime which is upon it, then emptie it, and take out the liver very neatly, and the gall alſo; if your Rave is bigg, take off the two ſides alſo, and leave the body; ſeeth them with white wine, or verjuice, ſalt, pepper, large mace, onion, & fine herbs; when they are ſod, let them take ſalt a little, & take heed of the reliſh of the braſs; after that, take them out, & take off the skinne, make a browne ſauce with butter, parſley, and chibol, very ſmall, & fried with browne butter; put a drop of vinegar to it, & a peece of liver, & ſoake it with it, ſerve with gooſeberries, or verjuice in the ſeaſon, and garniſhed on the top with the reſt of the liver which you had in the kettle,

your Ray being half ſod, and cut it into ſlices.

76. *Smelts with ragouſt.*

File them up together into rows, thruſting a ſmall twigg through their eyes, flowre and fry them, put to them a little ſmall ſalt, and take out the twigg, as you put them in the diſh then ſerve with orange or lemon.

77. *Tripes of Cod fryed.*

Seeth them, and after they are ſod, fry them with butter, onyon minced, or chibols, parſley, ſalt, and pepper, and at the latter end ſome vinegar, and a little nutmegg. You may whiten them with yolks of eggs and with verjuice, and ſerve.

78. *Cuttles fryed.*

Boyl them, after they are enough, cut them into peeces, and fry them as the tripes of Cods, and ſerve.

79. *Poore John fryed.*

After it is well watered, cut it into peeces, and ſeeth it, after it is ſod drain it, and fry it with butter, onion, peper, nutmegg, and vinegar, then ſerve.

80. *Poore John with a ſauce Robert.*

You may put it with butter, a drop of verjuice, and ſome muſtard, you may alſo mixe with it ſome capers and chibols.

Another way.

You may ſerve it with oyle, vinegar, and onion mineed.

81. *Fried*

81. *Joale of ſalmon with browne ſauce.*

Unſalt it well, ſcale it, boyle it in water, and ſeeth it proportionably, as it is thicke, then let it reſt, when you will uſe it, make a brown ſauce, with butter, onyon, pepper, vinegar; put it over it and ſerve.

Another way.

After it is ſod, draine it, and let it coole; and ſerve it with minced onyon, oyle and vinegar.

82. *Joale or chine peece of ſalmon in ſallat.*

After it is ſod, put it with oyle, vinegar, creſſes, or other ſuch ſallate as you will, and ſome capers, if you have any, then ſerve.

83. *Tons pickled.*

Dreſſe them, and cut them into ſlices, or peeces of the thickneſſe of three inches, ſtick them with cloaves, and put them into a pot with ſalt, pepper, vinegar, and ſome bay-leaves; cover it well, and when you will uſe it, water your peeces, and ſeeth them with wine; ſerve them dry, or with a brown ſauce, ſeaſoned with what you will.

84 *Mackerels ſalted.*

Slit them along the belly, and ſalt them; for to uſe them water them, and ſeeth them in water, after they are ſod, ſerve with parſley, vinegar, and pepper, you may put ſome oile if you will.

Another way.

After they are ſod, make a ſauce to them with butter, onion, vinegar, pepper, and muſtard, ſtove and ſerve. 85. *Pickled*

85. *Pickeld herring.*

The Salt herrings as ſoone as they come ont of the ſea, and gill and gut them, and ſo barrel them, and when you will uſe them, water them, draine and dry them, then broile them and ſerve with muſtard or with peaſe.

Another way.

You may ſerve them ſtewed, cutting them into peeces, and ſeething them with onion and bitter.

86. *Red herrings.*

After they are half ſalted, thred them, and hang them a ſmoaking in the chimney, when you will uſe them, open them and ſteep them in milk; for to ſerve, take them out, and broil them a very little on the gridiron, and ſerve, if you will, with muſtard.

87. *Ordinary Troutes.*

Dreſs them at the gills, pickle them; after they are pickled, ſlit them according to their bigneſs, & ſeeth them leaſurely with a ſhort broth, ſeaſoned with all what is fitting, and whereof you ſhall find the making in ſeveral places of the fiſh ſervices; and take heed that their fleſh doe not break from the bones; after they are ſod, ſerve them whole with parſley, in a plated napkin.

88. *Pie of Eele pouts.*

After they are dreſſed and well blanched, cut them in peeces, and put them in fine paſte or puft paſt, with ſome garniſh, as melts of carpe, capers, ſampiere, pickled Cabidge, pine

pine ſeeds, broken ſparagus, muſhrums, yolks of eggs, and ſeaſon all well, then ſerve.

89. *Eele pie.*

Cut it into round ſlices, and put it in your ſheet of paſte, well ſeaſoned with yolks of egges, parſley, muſhrums, ſparagus, melts, verjuice of grapes, or gooſeberries, in the ſeaſon; Doe not ſpare butter, ſalt nor peper; cover your pie, and endore it; for to keep it up, take ſome ſmall bindings of paper, butter them, and put them round about it, and tie them ſoftly with a thread; bake it, and after it is baked, allay three yolks of egs, with a drop of verjuice and a little nutmeg, and when you ate ready to ſerve, put it in and mixe it well, then open it, and ſerve it garniſhed round about with the cruſt cut into four.

Another way to

Seaſon your Eel with nutmeg, pepper, and ſalt, then lay them into your pye, then put to it a few chibols, or an onion minced a few ſweet herbs and lemon peele minced, then put on it ſome muſhrums, and a few capers, ſome pickled purſlen, ſliced lemon, grapes, and good ſtore of butter when you ſerve it, the liquor above expreſſed, is good to liquor it withal.

90. *Pie of grenoſt.*

Dreſs your grenoſt, or many if you have them, & ſlit them at the top, make a ſheet of fine

fine paſte, of what ſhape you will, make up your pie, and when it is made up, put your fiſh in it; garniſhed with what you have, as muſhrums, capers, parſley minced, hard yolks of eggs, bottoms of hartichocks, and broken ſparagus, all well ſeaſoned with butter, ſalt, pepper, and nutmeg, then cover and endore it. If it be raiſed, bind it about a buttered paper; bake it, and forget not to give it vent, as ſoon as it hath taken cruſt, for it would take it of it ſelfe, and it may be, beneath, and ſo all the ſauce ſhould be loſt, which you could not put in again the ſame way. After it is baked, make an allaying with yolkes of eggs raw, and a drop of verjuice, and put it into your pie at the top with a funnel, and mixe it well on all ſides with ſtirring of it; ſerve it warme, and garniſhed about with the upper cruſt cut as you will.

91. Small pies of fiſh

Take out the bones of a carpe, and of an eele, mince the fleſh with parſley, a ſmall twig of thime, and ſome butter; after it is well minced, and ſeaſoned with nutmeg, make a fine paſte, and make up your pies of what bigneſs you will, fill them, cover them and endore them; upon the big ones you may put a head; after they are baked, ſerve.

92. Pie of plaice.

After they are dreſſed make up your pie of the bigneſs of your plaices, and put them in, ſlitted onely on the top, and garniſhed with

with muſhrum, ſparagus, hartichocks, capers, and hard yolks of eggs, all wel ſeaſoned with very freſh butter, ſalt, pepper, minced parſley, and a ſlice of lemon, or of orange; cover, and bake it; when it is baked, mixe with it ſome yolks of eggs allayed with verjuce, then ſerve.

93. *Tourte of melts.*

Whiten them well, and drain them, then make your ſheete of paſte, and garniſh it with melts, of Carpes, muſhrums, trouffles, capers, hard yolks of eggs, broken ſparagus, bottomes of artichocks, ſalt, mace, pepper, parſley, and freſh butter; cover it, and bake it in the oven, or in a tourte panne. Endore it with eggs, if it be in fleſh time, after it hath taken cruſt, give it vent; when it is baked, uncover it very neatly, cut the lid into four, put it round about, and ſerve.

A Table of the Egges for the Entree, or firſt courſe, as they are now ſerved up.

Eggs farced 1
Eggs with bread 2
Eggs in Moonſhine 3
Eggs with black butter 4

Eggs with milk	5
Eggs with sorrel	6
Eggs fryed in slices	7
Eggs poached in water	8
Eggs with cream	9
Frayze of cream	10
Frayze of parsley	11
Eggs with verjuice	12
Eggs with anchovies	13
Eggs with cheese	14
Eggs minced, or stirred together	15
Eggs in moon shine with cream	16
Eggs made ready in glasses	17
Fryze farced	18
Eggs in snow	19

The way of making Eggs ready for the Entrees, or first courses, as they are in the precedent Table.

1. *Eggs farced.*

TAke sorrell, alone if you will, or with other herbs, wash, and swing them, then mince them very small, and put them between two dishes with fresh butter, or passe them in the panne; after they are passed, soak and season them; after your farce is sod, take some hard eggs, cut them into halfs, a crosse, or in length, and take out the yolkes, and mince them with your farce, and after all is

well mixed, ſtew them over the fire, and put to it a little nutmeg, and ſerve garniſhed with the whites of your eggs which you may make brown in the pan with brown butter.

2 *Eggs with bread.*

Take bread, crum it, and paſſe it through a ſtraining panne, if you will melt ſome butter, being melted, put it with your bread, and ſome ſugar, then chooſe ſome very new layd eggs, as many as you have occaſion for, and beat them well with your bread, ſugar butter, ſalt, and a little milk; for to ſeeth them, melt a peece of butter very hot, put your implements into it, and ſeeth it; for to give them a colour, paſſe the fire ſhovel red hot over them, and ſerve your eggs ſugred. You may make them ready in a diſh, or in a tourt panne.

3. *Eggs in moon ſhine.*

Take them very new, melt a peece of very freſh butter in them, put in your eggs and a little ſalt; when they are enough, put a little nutmeg on them, and take heed the yolkes do not break, nor be tvvo hard, then ſerve.

4. *Eggs with black butter.*

Break very nevv laid eggs in a diſh, and have a care that the yolks do not breake, put ſalt to them, make ſome butter brown in the panne, and ſeeth them in it; after they are enough, put a drop of vinegar in the panne, paſſe it over the fire, powre it on your egges, and ſerve.

4. Eggs

5. Eggs with milk.

Break your eggs, ſalt them and ſugar them if you will, beat them well, and mixe your milk with them; for to ſeeth them, melt a little freſh butter in a diſh; after it is melted, put your implements in it, ſeeth them, and give a colour with the fire ſhovell, when they are enough, ſugar and ſerve.

6. Eggs with ſorrell.

Take very young ſorrell, after it is very clean and drained, put it between two diſhes with butter, ſalt, and pepper, and when it is well conſumed, allay the yolk of an egg with it, and garniſh it with eggs cut into quarters, or as you will, and ſerve.

For to keep your egs always freſh, put them into freſh water.

7. Eggs fried into ſlices.

Make them hard, take them out of the ſhell, and cut them into ſlices, then fry them with good butter, parſley, chibols minced, peper, gooſeberries, or verjuyce of grapes; after they are well fryed and ſeaſoned, put them into a diſh with a drop of vinegar paſſed in the panne. If the ſauce is too ſhort, put in it a drop of broth, then ſerve with nutmeg; if you will, mixe with it capers, muſhrums, broken ſparagus, fryed before you mixe them, as alſo muſhrums, for it would not be good otherwiſe.

8. Eggs poached in water.

Take the neweſt you can get, boyle ſome wa-

water,and when it boyles, break your eggs in it,let them ſeeth a little, ſtriking on the handle of the skellet, leſt they ſtick on the bottom,and burn,then take them out ſoftly, and drain them. For to ſerve,make a browne ſauce, or green, with a hand full of ſorrell, whereof you ſhall take out the juice, then melt a little butter,with ſalt,nutmeg,and the yolk of an eg. all wel ſeaſoned and allayed together; after this you ſhall put your juice in them,and ſtir them,and ſerve forthwith.

9. *Eggs with creame.*

Break ſome eggs proportionably, take out half of the yolks, and beat them well with ſugar and a little ſalt, mixe your cream with them,and ſeeth all in a skellet; after it is ſod, ſerve them upon a plate,and ſugar. If you wil give a colour,you may doe it with a hot fire-thovel; and if you do love ſweet odours, you may put ſome.

10. *Creame Frayze.*

Break ſome eggs,take out half the whites, ſeaſon them with ſalt and creame, and beate all well together, warm ſome butter, a little more than ordinary; and when it is enough, ſerve it in ſquare,or triangle, or as it is, and ſugar it well if you will.

11. *Parſley frayze.*

Breake your eggs,and ſeaſon them with ſalt, parſley minced ſmall,and chibols,if you wil, beat them well with butter, and make your Frayze; after it is made, you may rovvl it if you

you will, and cut it into round ſlices, garniſh a plate with it, ſugar, and ſerve as readily as you can.

12. *Egges with verjuice.*

After you have broken your egges, ſeaſon them with ſalt, and beat them well, take out the treads, and take out ſome embers, over which you ſhall turne them, in putting into them ſome butter, and verjuice of grapes beaten, and paſſed in the pan; when they are enough, ſerve, but have a care they be not too thick.

13. *Egges with anchovies.*

Cleanſe well your anchovies, and water them, changing often their water or wine, take out the bone, and ſet them a melting in a diſh with very freſh butter; when they are melted, break ſome egges, according to the proportion of your ſauce; & after they are ſod and mixed, ſerve them with a little nutmeg.

14. *Eggs with cheeſe.*

Take butter and cheeſe, and melt them together, which you may doe eaſily, ſlicing your cheeſe very thinne; when they are melted, break as many egs as you think may ſeeth in what you have melted; after they are well beaten, put them over the fire, & ſtirre them as they ſeeth; and when they are ſod, not too thick, ſerve with a little nutmeg.

15. *Eggs mingled or ſtirred together.*

Melt ſome butter with eggs in a diſh, ſeaſoned with ſalt, a little pepper, & nutmeg, when

when they are on the fire, ſtir them with a ſpoon until they be enough, and ſerve.

16. *Eggs in moonſhine with cream.*

Make a bed of butter in your diſh, and break your eggs over it, after they are broken, ſeaſon them with ſalt, then put ſome creame to them until they be hidden, or ſome milk, ſo that it be good, ſeeth them, and give them colour with the fire-ſhovel red, then ſerve.

17. *Eggs made in glaſſes.*

Make a preparation like that of the egges with bread, and adde ſome cream to it, which is not ſowre, and a little ſugar, and a few crummes of bread, then take ſome ferne-glaſſes, put them on a plate near the fire with a very little butter in them; when the butter is melted, put alſo your implements in theſe glaſſes; as they are before the fire they will ſeeth, but as they ſeeth, turn them after they are ſod, powre them out upon another plate, they will come out of the glaſſes the ſharp end upwards; ſerve them thus, and garniſh them with cinamon and lemon-peele preſerved.

18. *Farced Fraize.*

Break your eggs, and put more yolkes than whites, put to them ſome remnant of farces, if you have any, or make one of purpoſe, with all ſorts of herbs according to your taſte, and ſeeth it before you mixe it with your eggs, ſeaſon all with ſalt, and if you will with ſugar, beat it well, and ſeeth it with

with butter or lard, then ſeve your Fraize ſugred if you will, and bend it ſquare, or triangle, or rowle it up to cut into ſlices.

16. Eggs in ſnow.

Break ſome egs, ſever the whites from the yolkes, put the yolks in a diſh upon butter, and ſeaſon them with ſalt, and ſet them upon hot cinders; beat and whippe well the whites, and a little before you ſerve, powre them on the yolks with a drop of roſewater, and hold the fire-ſhovell over them, then ſugar and ſerve.

Another way.

You may put the yolks in the middle of your ſnow, which is made with your whites of eggs whipped, and ſeeth them before the fire with a diſh behind.

A Table of the ſecond courſe of Fiſh.

Turbot with ſhort broth 1
Dabs with ſhort broth 2
Vives, or Seadragons broiled on the gridiron 3
Soules fryed 4
Salmon with ſhort broth 5
Sturgeon with ſhort broth 9
Greneſts in caſtrolle 7

Beſcard with ſhort broth 8
Porpoſe with ſhort broth 9
Porpoſe with ragouſt 10
Burts fryed with ragouſt 11
Sea otter with ſhort broth 12
Sea otter on the gridiron 13
Raye fryed 14
Tenches with ſhort broth 15
Alloſe with ſhort broth 16
Alloſe roſted 17
Freſh cod 18
Breame roſted 19
Pike in blew 20
Pike with ſauce 21
Tourts with ſhort broth 22
Troute ſalmond 23
Perches with ſhort broth 24
Eele pout 25
Eele pouts in caſtrolle 26
Carpe in blew 27
Carpe farced 28
Smelts 29
Plaice 30
Barnicle 31
Barnicle with ragouſt 32
Dabs in caſtrolle 33
Pike farced and roſted 34
Salmon with a ſweet ſauce 35
Eele pouts with ragouſt. 36
Carp with half ſhort broth 37
Tenches fryed with ragouſt 38
Barbels with ragouſt 39

Barbles in caſtrolle.	40
Soales with ragouſt	41
Vilain with ragouſt	42
Vilain with ſhort broth	43
Joale of ſalmon	44
Cammon of fiſh	45
Rochet	46
Freſh mackerels	47
Chewmes	48
Freſh herrings	49
Pilchers	50
Lamprels of all ſorts	51
Eeles *of all ſorts*	52
Labſters of all ſorts	53
Langouſt with ſhort broth	54
Oiſters roſted	55
Fryed carpe	56
Barbels with ſauce	57
Plaice roſted with ragouſt	58
Plaice in caſtrolle	59

10. Diſcourſes and Method how to ſerve the ſecond courſe of fiſh.

1. *Turbot in Caſtrolle*

DReſs it and empty it under the belly, ſlitting it there very neatly, or otherwiſe the gills; put it into a panne with white wine

wine until it ſteeps, and ſeaſon it well with ſilt, pepper, cloves, large mace, fine herbs, as roſemary, thime, and onion, and let it ſeeth leaſurely, leaſt the fleſh ſhould breake off from the bones; after it is ſod, let it reſt a very little, leaſt it ſhould take the taſte of braſſe; ſerve it garniſhed with flowres and parſley.

You may cut it before you ſeeth it thus.

2. *Dab with ſhort broth.*

It is made ready the ſame way as the turbot, but that the ſhort broth mu ſtnot be of ſo ſharpe a taſte, becauſe it taketh ſalt ſooner, being thinner; after it is ſod, ſerve it with parſley upon it.

3. *Vives, or Seadragons broiled on the gridiron.*

They are dangerous, by reaſon of three prickles, which they have about the head, therefore when you dreſſe them, remember to ſcrape them, and to cut off thoſe three prickles, and the head at the gills, whereat you ſhall alſo empty them; when they are thus dreſſed, and emptied, ſlit them on the outſide, and melt ſome butter, and powre ſome into the ſlits; with ſalt and clove, then ſet them on the gridiron; when they are broiled, make a brown ſauce with freſh butter, ſalt, and pepper, minced parſley, goosberries, or verjuice of grapes, and a drop of vinegar, powre your ſauce on them, and ſerve.

4. Soales fryed.

After they are dreſſed, dry them, and if they are big, ſlit them along the back, flowre them, and fry them in ſalt oyle, or refined butter; when they are fryed, powder them with ſalt on the out ſide, and ſerve with orenge.

5. Salmon with ſhort broth.

Empty it at the gills, and ſlice it along the back, and put it in your ſhort broth well ſeaſoned; when it is enough, ſerve.

6. Sturgeon with ſhort broth.

You may ſerve it broiled on the gridiron, but in the ſecond courſe, you muſt put it with ſhort broth, and ſerve it as the ſalmon except when it is ſod you take two or three napkins plated, and put them over it beſpread with parſley, and thus you ſerve.

7. Grenoſt in Caſtrolle.

Although it is commonly ſerved with ſhort broth, yet for the ſecond courſe, it may be ſerved in caſtrolle, which to doe, you muſt put it into a pipkin, ſeaſon it well and garniſh it with muſhrums and trouſles; have a ſpeciall care that when it is ſod, the fleſh do not break off from the bones,

8. Beſcard with ſhort broth.

Make it ready and ſerve it as the ſturgeon, above Article 6. with three napkins ſtrewed with parſley.

9. Porpoiſe with ſhort broth.

It is ſerved and made ready the ſame way, as the ſturgeon and Beſcard above, but that the

the ſeething of it is much longer; when it is enough ſerve.

10. *Porpoiſe with ragouſt.*

Cut it in peeces, and roſt it on the ſpit, as it roſteth, baſte it with butter, ſalt, vinegar, and pepper; after it is well roſted, baſte it with another ſauce made with butter and minced onion, then mixe all togeather, and ſoake it, mixe a little flowre with it, and ſerve.

11. *Burts with ragouſt.*

They are made ready the ſame way, as in the diſcourſe of the firſt courſes of fiſh.

12. *Sea Otter, with ſhort broth.*

Dreſs and prepare it for to put it with ſhort broth, which you ſhall make ready the ſame way as that of the barbells; when it is ſod, ſerve it dry with parſly in a napkin over it.

13. *Sea Otter on the gridiron.*

Dreſſe and broil it; when is it broiled make a ſauce to it as you wil, ſo that it be of a ſharp taſte, and becauſe thoſe great lumps will hardly take a taſte, ſlit them or ſlice them on the top, ſoake it with it's ſauce, ſo that it be almoſt imbibed, or ſoaked into it, then ſerve it, and garniſh with what you have.

15. *Ray fryed.*

After it is well dreſſed and cleanſed, pickle it with vinegar well ſeaſoned, and a little before you ſerve, fry it with refined butter, or with ſalat oile; when it is well fryed and

criſpe, ſet it a draining, and beſtrew it with ſmall ſalt, then ſerve it whole, or the two ſides ſet together againe, with orenge.

15. *Tenches with ſhort broth.*

After they are well ſcalded, you may put them with ſhort broth, as aboveſaid, and ſerve them with parſley.

16. *Chewmes with ſhort broth.*

You may alſo put the chewmes with ſhort broth, ſerving it with the ſcales, well ſeaſoned with parſley in a napkin over it.

17. *Chewmes broiled.*

As it comes out of the ſhort broth, put it on the gridiron; when it is broiled, make a ſauce like ſauce Robert, and ſtew all together, but a very little, then ſerve, and if you will, put ſome capers to it.

Another way.

After it is ſcaled and dreſſed at the gills, well clenſed and dryed, frie it in freſh butter, and broile it well, then ſlitt it all along the back, take out all the bones, & cloſe it up againe, take the melt, and with ſtore of good herbs make a ſauce ſomething ſharpe, becauſe this fiſh is ſweet of it ſelfe; put into it capers, anchovies, muſhrums, and thicken your ſauce with a few chippings of bread paſſed in the panne.

Or otherwiſe make a farce with ſorrel well ſeaſoned, and after it hath boyled a very little, ſerve.

18. *Freſh Cod.*

Put it after the way of ſhort broth, and let it boyle but a very little, and take it out againe; then let it reſt, and cover it with a table-cloth or a napkin, and when you will ſerve, draine it, make a ſauce thickned, and ſerve with parſley.

19. *Breame roſted.*

After it is dreſſed, broile it on the gridiron, and butter it on the top; when it is roſted, make a ſauce with freſh butter, parſley, and chibols, vinegar, ſalt and pepper, put all together, and ſerve.

Another way.

You may put it with ſhort broth, and then broile it, and after, a ſauce with very freſh butter, parſley & chibols minced, paſſe all in the panne; and when you will ſerve, mixe with it ſome ſorrell-juice, and ſerve.

20. *Pike with blew.*

Dreſſe it as it comes out of the water, and cut it, or leave it whole, and in this laſt water, ſlice it all along, then put it in a baſon, and take ſalt, vinegar, onion, pepper, and lemon, or orange peele good ſtore, boyle all together a very little, powre it on your pike, and preſently it becomes blew; to ſeeth it, boile your white wine well ſeaſoned with ſalt, put your pike into it, and let it ſeeth; taſt your ſhort broth, if it be ſtrong enough, and let the pike reſt in it, untill it hath taken a taſt, have a care that it doe not remaine

too long in it, and in this caſe, take it out untill you be ready to ſerve, which you ſhall doe warme, with parſley, in a napkin.

21. *Pike with ſauce.*

After it is ſod as aboveſaid, take off the skinne, and take a drop of your ſhort broth, put it in a diſh with halfe the yolke of an egge well allayed, ſome very freſh butter, and nutmegg; let the ſauce be well thickned, and well ſeaſoned with ſalt, chibols and peele, and if you will, put in it anchovies; but take heed it become not oilie, and ſerve your pike hot.

22. *Troutes with ſhort broth.*

Slice them proportionably to their bigneſſe, and give ſome ſtrength to your ſhort broth; before you ſeeth them, dreſſe them at the gills, and pickle them; after which let them ſeeth leaſurely, leaſt the fleſh leave the bones; after they are enough, ſerve them with parſley in a napkin plated, which you ſhall cover with flowers in the ſeaſon.

23. *Troutes ſalmon'd.*

Make them ready, and ſerve them as the common trouts above written.

24. *Perches with ſhort broth.*

As they come out of the water, dreſſe them at the gills, and put them in a ſhort broth of white wine, well ſeaſoned with all kinds of good things as pepper, ſalt, cloves, large mace, lemon, or orange peele, chibols and onion; after they are ſod, take them out, and take

take off the skinne; make a ſauce with a drop of your ſhort broth, allayed with vinegar, the yolk of an egge, an onyon in quarters, freſh butter, ſalt and a very little of white pepper; mixe all together readily over the fire, powre it on your perches, and ſerve.

25. *Eele poutes.*

Make ſome water lukewarme, put them in it, take them out a while after, take off the ſlime with a knife, and thus you ſhall make them all white; then dreſſe them, waſh them, put them betweene two linnen clothes, and dry them; ſet aſide them which are bigge, and ſlit them on the top, for to ſerve to the oyle or refined butter, with ſalt and orange, ſerve.

26. *Eele poutes in caſtroll.*

Put your Eele poutes in caſtrolle, and ſeaſon them with butter, ſalt, beaten cloves, pepper, large mace, an onyon or chibolls, peeles, a bundle of herbs, verjuice, a drop of vinegar, and a very little broth; when they are ready, ſerve, and garniſh, if you will, with anchovies, capers, muſhrums, and any other garniſh you haue.

27. *Carpe with blew.*

The beſt ſort of carpe is that with melt; take it alive, and ſeaſon it to put it with ſhort broth, in the ſame manner as the pike above written in the 20th article. If it is big, you may cut it into foure, or ſlice it along the back, and put it in a baſon into blew, if you

will, ſeeth it in a fiſh kettle, put a leafe in the bottom, take your carpe with a clout, ſeaſon it well with onyon, pepper, ſalt, cloves, and mace, peele, and all well wrapped in your linnen cloth, ſet it a boyling, the leafe under it, leaſt it burne with much boyling, or that the linnen cloth ſtick to the kettle, let not your ſhort broth be altered with any thing, but let it be well ſeaſoned with all what is fitting. When it is boyled leasurely, ſerve it with parſley in a napkin.

28. *Carpe farced.*

Take up the skinne over the back as far as the bellie, take out all the ſmall bones, the tripes and melts, and take out of the head the gills and the tongue, then make a farce with a little fleſh of carpe well minced, and ſeaſoned with as much butter as fleſh, a little parſley, chibols, and a bundle of fine herbs; allay all with an egge, or mixe with it muſhrums, melts, or muſſles, capers, and bottoms of hartichocks, chibols, and tongues of carpes; put your farce into your carpe all along, and leave a hollow, for to put what you have fryed; ſeaſon all well, and cloſe it up, ſeeth it in a baſon, or in a caſtrolle, (which is a kettle made in the forme of a great tourte panne, or as a kind of dripping panne) or in a diſh before the fire, with a drop of verjuice and a little broth, butter, and what you have remaining of your muſhrums, trouſſles or melts; ſoake all together

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leasurely, and, least it sticks, put some chibols under it with a little verjuice, and some yolks of eggs, allay the sauce, and serve.

The carpe thus farced may be put into fine or putt past, and garnished with what you have.

29. *Smelts.*

Take them very new, file them, and dry them well; when you are ready to serve, flowre and fry them, with oile, or butter, take off the twigg, and powder them a little with small salt, and serve with orange.

30. *Place.*

This article is in the discourse of the Entrees, or firw courses of fish, which it had been uselesse to repeat, and superfluous to coate by articles, and pages, because they may easily be found if you seek for them; in the meane time I advise you, that what I set you downe, doth not oblige you to more or lesse in layiny out of your convenient expenses, or layings out, but I doe it onely to put you in mind of what may be served, not forgetting to tell you, that you may choose what you like best, and intermingle pies or tourtes, proportionably to the dishes you have, observing to serve a pie or tourte after six dishes of service.

A Table of the Entercourſe of the Fiſh dayes out of Lent.

Muſhrums	1
Muſhrums with creame	2
Trouſes	3
Eggs ſpunne	4
Nulles	5
Eggs delicately dreſt	6
Tourt of Franchipanne	7
Frayze with creame	8
Fritters	9
Stiff Fritters	10
Paſte Spunn	11
Seruelats of Eele	12
Melts of carps fried	13
Melts with ragouſt	14
Livers of Eeele pouts	15
Gelee of fiſh	16
White meat	17
Green gelee	18
Fried artichocks	19
Sparagus with a white ſauce	20
Sparagus with creame	21
Celeries	22
Coliflowers	23
Gammon of fiſh	24
Tortoiſes with ragouſt	25
Fritters of Apples	26
Fritters of artichocks	27
Almond pie	28

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Ramequin of all sorts 29
Eggs with cream 30

11. A Method to make ready the Intercourses for fish dayes Intercourses are mentioned in the precedent Table.

1. *Musbrum.*

Take it very new, take out the gravel, & wash it with water or white wine, then put it in a dish with fresh butter wel seasoned with salt, white peper, chippings of bread, take heed it burns not to; after it is enough put to it a little nutmeg, the juice of orange or lemon, then serve.

Another way.

Pass it in the panne with very fresh butter, parsley, a bundle of herbs, peper, salt, and stew it in a dish, or in a pot, and when you will serve, put some cream to it, or the yolk of an egge or a few chippings of bread, a little nutmeg, and serve.

You may garnish it with what you will proportionably to the quantity you have.

2. Muss-

2. *Muſhrums with cream.*

Take them very new, and the ſmalleſt, for they are beſt, peel them dry, and waſh them in water, and take them out forthwith, and draine them, cut the biggeſt; and together with the ſmalleſt, fry them with freſh butter, parſley, chibols minced very ſmall, ſalt, and pepper, then ſoak them in a ſmall por untill you be ready to ſerve, and then you may put ſome creame to them, which when it hath boyled a little while, and the ſauce being thickned, you may ſerve.

3. *Trouffles.*

Seeth them with a ſhort broth, when they are ſod, ſerve them in a plated napkin.

Another way.

Serve them the ſame way as the Muſhrum, and put a little broth to them, cream, and ſome juice, when they are cut very thin, and ſod, ſerve.

Another way.

Peele them, and cut them very ſmall, and very thinne, then paſſe them in the panne, and ſeaſon them with a very little ſalt, becauſe they muſt boyl long with ſome broth, which you judge to be good; after they are ſod, unſalt them, and let the ſauce be ſomewhat thickned with ſome thickning, or with ſome chippings of bread, then ſerve.

Another way.

As they come out of the ſand, waſh them with white wine, ſeeth them with ſtrong wine, much

much ſalt, mace, a bundle of ſweet herbs, a few chibols, and peper, after they are ſod, ſerve them with a plated napkin.

4. *Eggs ſpunne.*

You ſhall find them in the Intercourſes of the fleſh dayes, and the way how to ſerve them.

5 *Nulles.*

Take four or five yolks of eggs, ſome very freſh creame, much ſugar, a little ſalt, beat well all together, and ſeeth it on a hollow plate, or on a diſh, paſs the fire-ſhovell red hot over it, beſprinckle it with ſweet waters, ſerve and ſugar, with ſugar musked.

6. *Eggs delicately dreſt.*

You ſhall find the manner of making and ſerving them in the middle courſes of fleſh dayes.

7. *Tourt of Franchipanne.*

You ſhall find it in the diſcourſes, and in the Table of paſtery of fleſh dayes.

8. *Frayze with cream.*

Take ſtore of yolks of eggs, few whites, & a little cream, ſome ſalt proportionably, beat all together, and a little before you ſerve, make your Frayze, and, if you will, ſugar it, and ſerve.

9. *Fritters.*

Take four ſmall cheeſes, white and ſoft, ſix egges, half a pint of flowre, and a little ſalt, beat all together, and try it, for the cheeſes are ſometimes too ſoft, or too dry, *&c.*

10. *Stiff*

10. *Stiffer fritters.*

Make them the ſame way, but that you muſt put a little more flowre; draw them out very ſmall with a handle of a ſpoon; after they are fryed, ſerve them ſugred, and beſprinkled with orange flowers.

Paſte ſpun.

You ſhall find the faſhion of dreſſing and ſerving of it in fleſh daies.

11. *Servelats of Eele.*

Dreſſe your Eele, and ſlit it in two, take out the bone, beat well the fleſh, and ſeaſon it, rowle it up, and binde it; after it is bound, wrap it up in a ſmall linnen cloth, and ſeeth it in a pot with wine, ſalt, pepper, cloves, mace, onion, fine herbs, and let the ſauce be reduced to a ſmall quantity; after it is well ſod, unwrap it, & cut it into very thin ſlices, then ſerve it dry, or with ſome ſauce.

12. *Melts of Carp fryed.*

Cleanſe them well, and blanch them in water, and dry them, when you will ſerve, flowre and fry them; when they are fryed ſerve with ſalt and orange.

13. *Melts with ragouſt.*

Blanch them in water, and put them in a diſh with a little white wine, well ſeaſoned with butter, ſalt, a bundle of herbs, pepper, ſome juice of muſhrums, a few capers, and anchovies; after the ſauce is thickned, ſerve with juice of orange or lemon juice, and nutmeg.

13. *Liver*

14. *Liver of Eele pouts.*

Take it out of the fish, and put it into a dish with very fresh butter, a few fine herbs, parsley minced very small, mushrums also small, of the best of your broths, minced capers, and an anchovie; when it is well sod, and the sauce thickned, serve.

Another way.

Fry it, if you will, and serve it with salt, juice of orange, or lemon.

15. *Gelee of fish.*

Take scales of Carp, half a dosen of Tenches, three pints of white wine, seeth all well together with a little salt and cinnamon, and four cloves, straine all throw a napkin, that is, squeeze or presse it to have the juice out of it, and put to it one pound of sugar, take a dozen of eggs, fry the whites of them; let your strainer be ready and very clean; warm your gelee, and when it is ready to boil, powre into it the juice of five lemons, and the whites of your eggs; when it begins to boil, powre it into the strainer, and strain it again, untill it be very cleare; put it after the natural way upon a plate, or in a dish, and serve.

16. *White meat.*

Make it of the remnant of your gelee, and put into it some stamped almonds, and a drop of milk, strain it, and make it into white meat, and when it is cold, serve.

17. *Green gelee.*

It is made the ſame way; ſtrain it with a very little juice of beets, and ſerve cold.

18. *Artichocks fryed.*

Cut as to eat with pepper, cut off alſo the ſharp ends, and whiten them in warm water, then ſet them a drying; and flowre them for to fry when as you have occaſion; ſerve them garniſhed with fryed parſley.

19. *Sparagus with white ſauce*

As they come from the garden, ſcrape them, and cut them equally; ſeeth them with water and ſalt; take them out, as little ſod as you can, it is the better, and ſet them a draining, then make a ſauce with freſh butter, the yolk of an egge, ſalt, nutmeg, beaten pepper, a ſmall drop of vinegar; and when all is well ſtirred together, and the ſauce thicknod, ſerve your ſparagus.

20. *Sparagus with cream.*

Cut them in three peeces, and when you have blancht them, fry alſo well ſeaſoned; after they are fryed, put your cream in, and ſoak them with it, if the ſauce is too thinne, put ſome yolks of eggs in it to thicken it, and ſerve.

21. *Celerins.*

It is eaten with pepper and ſalt, or with oyl, pepper, and ſalt.

22. *Coliflowers.*

Dreſs and blanch them, ſeeth them with water, and ſalt; after they are ſod, ſet them

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a draining, and make a ſauce as for the Sparagus, then ſerve.

23. *Gammon of fiſh.*

Take the fleſh of many carps, with a little Eele, mince well all together, ſeaſon it with butter, and gather it together in the form of a gammon, fill up the skins of your carps with it, ſow them up again, and wrap them up with a very fat linnen cloath; ſeeth them in a pot with half wine, and half water, well ſeaſoned with ſalt, *&c.* conſume well your ſauce, after they are ſod, take them out, and unwrap them all vvarm.

You may ſerve them vvarm and cold, and every vvay garniſhed as a gammon.

24. *Tortoiſe with ragouſt.*

One may eat them at all times, you may make any thickning vvith them, and you may uſe them for potages, to garniſh, and for many other things.

Apple Fritters.

You ſhall find this article and the foure vvhich follovv, in the diſcourſes of fleſh daies, and for the faſhion of eggs have recourſe to the Table.

A Table of what may be found in Gardens, which one may use upon occasion, and serve up in the first courses, and intercourses of the fish daies, and other flesh daies, or in Lent.

Skirrets	1
Pappe of wheat flowre	2
Hops	3
Lettice	4
Pumpkins of all sorts	5
Parsnips	6
Goats beard, or starre of Jerusalem, or Noontide	7
Carrots	8
Red beets	9
Jerusalem artichocks	10
Cowcombers of all sorts	11
Turnips	12
Fried apples	13
Red carrots	14
Fried sparagus	15
White succorie	16
Cardes of beets	17
Cardes of artichocks	18
Pease strained	19
Trouffles of Entree	20

12. *A Method how to make ready what is contained in the foregoing Table.*

1 *Skirrets.*

BOile them a very little, then peel them for to boil in brown butter, after they are fried, ſerve.

Another way.

For the fleſh daies, make a paſte liquid enough with eggs, a little ſalt and a little flowre; for to make it more dainty, mixe with it ſome ſoft cheeſe, dip your skirrets into it, fry and ſerve them.

Another way.

For to fry them in Lent, allay your meale with a little milk or verjuice, and more ſalt; dip your skirrets in this and fry them in refined butter, for the better; if you will, garniſh them with fryed parſley, which to fry, when it is very clean and dry, you throw it into your frying pan very hot, then take it out forthwith, and ſet it before the fire, ſo that it be very green; ſerve your skirrets with parſley round about.

2. *Pappe of flowre of wheat.*

It is made the ſame way, as that of flowre of rice, and they will ſeeth as much the one as the other. For to make them, allay them with a very little milk and ſalt, out of Lent put

put ſome yolks of eggs to it, a little butter, and ſome ſugar; ſeeth it leaſurely, ſo that ſomewhat may ſtick to the bottome of the skillet, ſerve, and ſuger.

3. *Hops.*

Cleanſe them well, and leave nothing but the green, boil them a little while in water, then drain them, and put them in a diſh with a little butter, a drop of vinegar, a little of your beſt broth, ſome ſalt and nutmeg; ſoak them for to uſe them in garniſh, or for ſome other thing.

4. *Lettice.*

For to garniſh with them all kinds of potages, be it of pullets, pigeons, peaſe broth, herbs, or of health, blanch them well, and waſh them; ſoak them in a pot with ſome of the beſt of your broths; In fleſh daies, ſeaſon them with what is fat; In faſt daies, ſeaſon them with butter, and when they are ſod, cut them into halfes, and garniſh your potages with them, and ſerve.

5. *Pumpkin.*

Slice it very thinne, and fry it with butter; when it hath gotten a good colour, ſoak it between two diſhes, with an onion, or a chibol ſticked with cloves, ſalt, pepper, nutmeg, and verjuice of grapes, if you have any; when it is enough, ſerve.

You may alſo put it with cream.

Another way.

Cut it into great peeces, and ſeeth it in a pot

pot with water, when it is well ſod, take out the water, ſtrain your pumpkin, and fry it with butter, and an onion minced very ſmall; ſeaſon it with a drop of verjuce, nutmeg, and ſerve.

Another way.

After it is ſtrained as aboveſaid, put to it very freſh butter, and let it melt with the pumpkin, ſome ſugar, and almonds, put your implements into a ſheet of fine paſte, in the forme of a tourte, and bake it; when it is baked, ſugar it, and ſerve.

Many do put pepper to it; put a very little ſalt to it; and you may garniſh it with preſerved lemon peel cut into ſlices.

6. Parſnips.

Cut off the ſtrings of them, waſh them well, and ſeeth them; when they are ſod, peel them, and cut them as you will; put them in a diſh with very freſh butter, ſalt, pepper, nutmeg, and a drop of broth, or a drop of vinegar, or verjuice; ſoak all together, and ſtirre it well; thus you will finde your ſauce thickned, then ſerve.

Another way.

Make them ready as the skirrets above, Article 1. and ſerve them with juice of orenge, or verjuice, and a little ſalt.

7. Goats beard.

Seeth them as the parſnips, after they are ſod, make the ſauce alike, and ſerve.

You may ſerve them fried.

8. Carrots

8. *Carrots.*

Cleanſe and ſeeth them; when they are ſod, peel them, and cut them into very thin round ſlices, frie them with freſh butter, an onion minced, ſalt, pepper, and vinegar; then ſerve.

9. *Red beets.*

After they are well cleanſed, and well ſod in water, or in the cinders, pare them, and cut them into round ſlices; fry them with a minced onion, well ſeaſoned with a drop of vinegar and good freſh butter; when they are well fryed, ſerve.

Another way.

After they are ſod or baked, cut them as aboveſaid, and put them with oyle, vinegar, and ſalt, then ſerve.

10. *Jeruſalem hartichocks.*

Bake them in the embers; afeer they are wel baked, peel, and cut them into round ſlices; frie them with very freſh butter, an onion, ſalt, pepper, and vinegar; when they are wel fried, ſerve with a little nutmeg.

11. *Cowcombers.*

Pare and cut them into round ſlices, frie them with very freſh butter; after they are fryed, put in an onion, ſalt and pepper, and let them ſoak wel on the chauſing-diſh, then ſerve with the yolks of eggs, if you will.

Another way.

For to preſerve or pickle them, take them very

very young, and very ſmall; blanch them in freſh water, and draine them; then put them into a pot with ſalt, pepper, and vinegar, cover them well, and doe not forget cloves.

Another way.

Cut them very thinne, then put them with onyon, ſalt, pepper, and vinegar; after they are well pickled, draine them, and for to ſerve them, put ſome oyle to them, and ſerve them in ſalat.

12. *Turnips.*

Scrape them, blanch them, and ſeeth them with water, butter and ſalt; after they are enough, put them in a diſh with very freſh butter; you may put in ſome muſtard; ſerve with nutmegg.

13. *Apples fryed.*

Pare and cut them into round ſlices, and fry them with very freſh butter; when they are fryed, ſerve, making a broth with a little nutmeg.

Another way.

Cut them into halfes, take out the coares, ſerve them in the skinne, and put them in a diſh with butter, ſugar, and water, and a little cinamon, let them ſeeth thus; when they are enough, ſerve them ſugred.

Red Carrots.

They are made ready in the ſame manner as the white ones.

14. *Sparagus fryed.*

Break them, cut them into ſmall peeces, and

and wash them; after they are drained, frie them with very fresh butter; and season them with salt, pepper, and minced parsley; after they are fryed, stew them on a chausing-dish with an onyon sticked with cloves, and a drop of broth, then serve with nutmeg.

You may also put some creame if you will.

15. White succory.

Blanch it well in water, and draine it, then bind it, and seeth it in a pot with water, butter, and salt; when it is well sod, take it out, and draine it againe; afterwards you shall stew it on the chausing dish, with butter, salt, nutmegg, and a drop of vinegar; when you are ready to serve make a sauce thickned, and serve.

Another way.

After it is blanched, prepare it into a salat, with salt, winegar, and sugar, then serve.

16. Cardes of beetes.

Take off the strings, and blanch your cardes in fresh water, then seeth them in a pot, or a kettle with water, butter, a crust of bread, and salt; when they are sod enough, take them out, and set them a soaking in a dish with butter, untill you be ready to use them, and then warme them, and fit them on a plate, then make a sauce allayed with very fresh butter, a drop of vinegar, and some nutmegg, then serve.

17. *Cards*

17. *Cardes of hartichocks.*

Chooſe the whiteſt, take out the ſtrings and blanch them; after they are blancht, ſeeth them with ſalt and water, a peece of buttter and a cruſt of bread; when they are ſod very well, garniſh your diſh, and make a white ſauce, and ſerve.

18. *Peaſe ſtrained.*

Steep your peaſe, waſh them well, and ſeeth them in hot water; and fill them againe with it; after they are ſod, bray them, and ſtrain them through a ſtrainer, take ſome of the thickeſt peaſe broth, and ſoak on the chauſing-diſh, with butter, ſalt, and an onion whole ſticked with cloves, then ſerve.

You may ſerve, and fry peaſe whole, with very freſh butter, ſalt, minced onion, pepper and vinegar; In lent garniſh them with herrings.

19. *Trouffles of Entrees or firſt courſe.*

Cleanſe them well, peel them, and frie them with very freſh butter, an onion ſticked with cloves, a little minced parſley, and a drop of broth; ſtew them betweene two diſhes, and the ſauce being a little thickned, ſerve.

A Table for the Pastry work of Fish to be eaten warme, containing the Pies and the Tourts.

Salmon pie. 1
Troute pie. 2
Pye of becare. 3
Pie of carpe. 4
Sturgeon pie. 5
Pie of dabs. 6
Turbot pie. 7
Troute pie. 8
Plaice pie. 9
Eele pie. 10
Pie of fresh cod. 11
Pie of carpe without bones. 12
The Cardinals pie. 13
Pie of burtes. 14
Pie of grenost. 15
Pie of soales. 16
Pie of soales halfe fryed. 17
Pie made of hash of eeles. 18
Tourte of burts. 19
Tourt of new oysters. 20
Tourte of liver of eele pout. 21
Tourte of melts of carpes. 22
Tourte of eele poutes. 23
Tourt of carpes. 24
Tourte of crawfish. 25

Tourte of frogs. 26
Tourte of tenches. 27
Tourte of butter. 28
Tourte of spinage. 29
Tourte of melon. 30
Tourte of pistaches. 31
Tourte of almonds. 32
Tourte of pumpkin. 33
Tourte of peares. 34
Tourte of creame. 35
Tourte of apples. 36
Tourte of franchipanne. 37
Tourte of whites of egges. 38
Tourte of yolks of egges. 39
Tourte of Massepain. 40

13. *Instruction how to make the pastry worke for fish, set downe in the Table.*

Before I proceed to discover to you how to make ready these things, because there will often be made mention of divers sorts of pastes, I judge it to be to the purpose to give you some few instructions how to make them.

THe puft past is made thus. Take four pounds of flowre, allayed with salt and water, very sweet nevertheless; after it

is a little rested, spread it with the quantity of two pounds of butter, joyn them together, and leave a third part of your past empty, for to fold it up into three, and when your butter is shut up, spread your paste again very square, for to fold it up four-fold; after this, turn it up thus, other three turnes, and set it in a coole place, for to use it upon occasion: And then spread your past proportionably to the pie or tourte which you have a mind to make up; and observe that this past is harder to be fed then aay other, least you deceive your selfe.

The fine past is made up with four pounds of flowre, and one pound and a halfe of butter, which you must allay very well together with salt, after this, let it rest untill you have use for it, and make with it pies or tourtes.

The past with warme water is made the same way, but you warme the water and the butter; after it is made, let it rest more then the other, and handle it but a very little, lest it burne, make pie or tourte with it.

The browne past is made with Rye flowre, water and little butter; you may put to it, if you will, some salt and peper; when it is very strong and rested, make venison pastie with it.

All kind of pies, fat or lean, which are eaten warme, are seasoned the selfe same way according to the sortes of meat. You may

put in it the same garnish, as mushrums muscles, sparagus, yolks of eggs, bottom of artichocks, capers, cardes, pistaches,

For the flesh pies, besides the garden garnishes, you may put in veal sweetbreads kidneyes, combes, &c.

The flesh pies garnished, and of very tender meat, will not endure the oven above two hours and a half; they of fish big or smal, of the same size, as long.

The pie of young hare will not be in the oven above two houres, be it in puft paste or other; it is served warm and uncovered.

The pies which you will keep, must be of a deeper tast or high-gust, than those which you make to eat warm; if you carry them far, the paste must be somewhat brown; and if it be fine, you must get a basket made for the purpose for to carry them in.

You must lard your leane pies with Eele or Carp, well seasoned with peper salt, vinegar, and beaten cloves; make your past fine or otherwise, and season your pie with cloves, salt, pepper, fine herbs, and when it is made up, endore it, in the flesh dayes, with the yolk of an egge; in Lent, with eggs of pike allayed with water, and put it in the oven, and a while after give it vent.

After the foregoing instruction or word of aduise, which is not unuseful, let us now come to the Method of the Pastry-work for fish, concerning Pies and Tourts, according to the contents of the foregoing Table.

1. *Salmon Pie.*

AFter your fish is dressed, lard it with Eel or Carp, seasoned with pepper, salt, and beaten cloves, then put it in paste, and over it a bay leafe, and good fresh butter, or beaten lard, according to the day as you will use it; besprinkle it with lard, with a drop of vinegar, and close it up after the form of the fish; after it is baked, serve it warme or cold.

The pies of Tourt, *Becare*, Carp, and Sturgeon, are made up alike.

2. *Pie of Dab.*

Dress your dab, and slice it on the top; if you will, lard it with Eele well seasoned, then dress up your pye according to the bigness of your dab, and put it in it, well seasoned with salt, pepper, cloves, fine herbs, mushrums, morils, a little parsley fryed with fresh butter

butter, bottomes of artichocks, or broken sparagus, and good fresh butter, cover it with open work, and if you will, enrich it with some works, and bake it; after it is baked, and well fed, serve it with a sauce made with verjuice of grapes and yolkes of eggs.

The pies of Turbot, Trout, and plaice, are made the same way.

Or thus.

Flea them, cut them into peeces, and season them with pepper, nutmeg, and salt; then fill your pye with them, and lay upon them Currants well washed, pickt, some Dates cut in halfes, Pruens, or bottomes of Artichocks, Mushrums, yolks of eggs boild hard, lettice suckets, Cittern, sliced Lemons, Mace, Grapes, and good store of fresh butter; when it is baked, serve it with white wine, sugar, and butter boyld a very litile, and thickned with the yolks of two or three eggs, sugar it and serve.

3. *Eele pie.*

Flea them, cut them into round slices; and season them, make up your pie, and fill it up with eeles, hard yolks of eggs, mushrums, trouffles, if you have any bottomes of artichocks, and good fresh butter, serve it uncovered with a white sauce, made with yolks of eggs allayed in verjuice, and a drop of vinegar; lest it should fall down, bind it

with butter'd paper; when it is baked, take the paper off.

4. Pie of fresh cod.

Make it as that of Dab, and serve it warm.

5. Pie of Carp without bones.

Farce it the same way as for the first course, and raise your pie, put it into it garnished with what you will, bake it covered; after it hath baked two houres, serve it uncovered with a white sauce.

Another way.

Cut your carp into peeces, and put it into paste, made up and seasoned with what you have; bake your pie, and serve it uncovered with a white sauce.

6. Pie after the Cardinal's way.

Take the flesh of Carp and of eele, mince them well with butter, and season them with salt, pepper, fine herbs, and a few mushrums, then make up your pies, as small as you can; fill them up, cover, and endore them, and bake them, then serve.

7. Pie of Eurts.

After they are dressed slice them, and put them in your sheet of paste, season them with salt, pepper, beaten clove, mushrums, passed in the pan with brown butter, fresh butter, and all what you have, cover it, bake it, and bind it with buttered paper; when it is baked, serve with a white sauce, nutmeg, the juice and slices of lemon, or of orenge.

8. *Pie*

8. *Pie of grenoſt.*

After it is dreſſed, ſlit it, and put it in your ſheet of paſte, ſeaſoned with ſalt, pepper, nutmeg, freſh butter, muſhrums, trouſſles, mouſſerons, morilles, parſley fryed, and bottomes of hartichocks; after the pie is made up and bound with buttered paper, bake it, after it is baked, ſerve it uncovered with a white ſauce, or any other allaying you have.

9. *Pie of ſoales.*

It is made the ſame way as that of dab, becauſe it is of the ſame kind of fleſh; It is eaten warme.

10. *Pie of ſoales half fryed.*

Paſſe them halfe in the panne with butter, take out the bone, and farce them with what you will, as muſhrums, capers, trouſſles, mouſſerons, bottomes of hartichocks, freſh butter, all paſſed in the panne with parſley and chibols minced very ſmall; put them into paſte raiſed, or into a ſheet of puft paſte, which you ſhall put in a tourte panne, and over it the remnant of your farce; in ſtead of garniſh, with yolks of eggs, and very freſh butter; cover up your pie, and give it vent, a while after it is in the oven; when it is baked, ſerve it with what ſauce you will.

11. *Pie made up with haſh of eele.*

It is made the ſame way as that of carpe, but that becauſe the fleſh of eele is fatter than that of carpe, it muſt be allayed with

butter, as that of carpe; onely mixe them together, and season them well with salt, pepper, a few fine herbs, then make a bed therewith, and over it put mushrum., morilles, trouffles, and a little parsley minced, passed in the panne with butter, and over all that the remnant of your hash; then shut up your pie, and bake it; after it is baked, serve it with a white sauce.

12. *Tourt of Burts.*

It is made the same way as the py of Burts, above mentioned.

13. *Tourt of new oisters.*

After your oisters are cleansed and blanched in warm water, passe them in the panne with very fresh butter, parsley, and minced chibols, and mushrums, all well seasoned; put all into a sheet of what past you will, and garnish with hard yolks of eggs, bottoms of hartichocks, morilles, broken sparagus, all well passed in the panne; cover up your tourt, and bake it; after it is baked, serve with good sauce, which you shall make thus; passe in the panne two or three chibols whole, salt, pepper, a drop of verjuice or vinegar, then when it is browne, mixe with it two yolks of eggs well allayed with verjuice, take out the chibols, and put your sauce in your tourte boyling hot, with a little nutmeg, stirre it a little, and serve it uncovered.

14. Tourte

14. *Tourte of liver of eele pout.*

After it is blanched a very little in warme water, very cleane, and dryed; put it into a sheet of paste, then fry mousserons, morilles, trouffles, broken sparagus, a little parsley minced, bottoms of hartichocks, cardons, or cardes sod, and yolks of eggs, all well seasoned, and in such a proportion as your tourte may not change it's name, and that the garnish may not exceed the principall, bake it, when it is baked, serve.

15. *Tourte of carpes.*

It is made as that of eele poutes here under in the following article, with such garnish as you have.

16. *Tourte of eele pout.*

Blanch it well with water warme enough, for to take off the slime, untill it be white, then cut it into round slices as far as halfe the head, put it into a sheet of paste with salt, peper, beaten cloves, capers, mushrums, hard yolks of eggs, bottoms of hartichocks, parsley, chibols well minced, and upon over that, very fresh butter, shut it up with a sheet of puft paste, if you have any; When it is baked, serve it uncovered with a white sauce, and garnished with the lid cut into foure.

17. *Tourte of carpe.*

It is made and seasoned alike with that of eele poute, but that it must not be scalded, but well scaled.

18. *Tourte*

18. *Tourte of crawfish.*

Seeth them with salt, peper, and very little vinegar, take off the feet, and the taile, then dresse them, and passe them in the pan with very fresh butter, mushrums, and all what you have to put in it, not forgetting some parsley minced, season all well, & put it in what paste you will, fine or puft; after it is baked, serve it with a red sauce, which you will make, if you stamp some bones of crawfishes, and after you have strained them through a linnen cloth, mixe them with some broth, yolks of eggs, a drop of verjuice, and a little nutmegg; put this sauce in your tourte as it comes out of the over, and ready to serve, then serve it uncovered.

19. *Tourte of frogs.*

Passe the great legs in the pan with good butter very fresh, mushrums, parsley, hartichocks sod and cut, and capers, all well seasoned, put it into a sheet of fine or puft paste, and bake it; after it is baked, serve it uncovered with a white sauce.

20. *Tourte of Tenches.*

Scalde them, and cause them to become white, then dresse them, and cut them into round slices, put them into your sheet of tourte, or pie, make it up and garnish it with all what you have, as very fresh butter, capers, and minced parsley, bake them, after they are baked, serve with a white sauce, a little nutmegg, and beaten cloves and mace.

21. *Tourte of butter.*

Melt a peece of butter, after it is melted, put some sugar in it, and some stamped almonds, with a little creame or milke allayed with sod flowre, then make a sheet of fine or puft past, put your implements into it, make a brimme about it; bake it and serve it sugred; & with sweet water if you have any.

22. *Tourte of spinage.*

Take spinage leaves, cleanse and blanch them; after they are blanched, draine them, and mince them very small, after they are minced, allay them with some melted butter, salt, sugar, and the weight of a macaron of stamped almonds, then put all in your sheet of paste and bake it; after it is baked, serve it sugred, and if you will, garnished about the dish with lemon peele preserved.

23. *Tourte of meloon.*

Grate your meloon, and stampe it in a mortar; melt some butter, and put it with sugar, a corne of peper, salt, and a macaron, mixe all together, garnish your sheet with it, and serve it sugred.

24. *Tourte of pistaches.*

After your pistaches are peeled, beat them, and least they become oily, besprinkle them with flower of orange water, or other sweet water; melt as much butter as there are pistaches, and take as much sugar, a little salt, and the crummes of white bread fryed, or a drop of milke, and all being well allaied together

gether, put it into a sheet of fine past, make the tourt and sheet very thin; bake it, sugar it, and serve it warme, and besprinkled with what sweet water you will.

25. *Tourt of Almonds.*

It is made the same way, but that for to besprinkle it, you must use milk in stead of sweet waters.

26. *Tourt of pumpkin.*

Boile it with good milk, pass it through a strainer very thick, and mixe it with sugar, butter, a little salt; and if you will a few stamped almonds; let all be very thinne, put it in your sheet of past, bake it; after it is baked, besprinkle it with sugar, and serve.

27. *Tourt of peares.*

Pare your peares, and cut them very thin, seeth them with water and sugar; after they are well sod, put in a little fresh butter, to them, beat all together, and put it in your sheet of paste very thinne; binde it, if you will, and bake it; when it is baked besprinkle it with water of flowers, sugar it, and serve.

28. *Tourt of creame.*

Take very new creame, and allay it with a few beaten almonds, some sugar, and a little milke pappe well sod; let all boyl together a very little, and when all this is cold, put it in your sheet of past, and bake it; after it is baked, sugar it well, and if you will, put musk to it, and serve.

29. *Tourt of apples.*

It is made the ſame way as that of peares.

30. *Tourt of Franchipanne.*

Take the faireſt flowr you can get, and allay it with whites of egs; preſently take the twelfth part of your paſt, and ſpread it until you may ſee through it; butter your plate, or tourt panne, ſpread this firſt ſheet, butter, thruſt it in over and doe the ſame to the number of ſix, then put what creame you will, and make the top as the bottom to the number of ſix ſheets; bake your tourt leaſurely; after it is baked, beſprinkle it with water of flowers, ſugar it well and ſerve.

You muſt have a care to work up your paſte as ſoone as it is made, becauſe it drieth up ſooner then you are aware, and when it is dry, it is unuſefull, becauſe your ſheets muſt be as thinne as cobwebs, therefore you muſt chooſe a moiſt place to do it in.

31. *Tourt of whites of eggs.*

After they are well beaten, ſeaſon them with a little ſalt and ſugar, melt ſome freſh butter with milk, mixe all together, then put all into your ſheet of fine paſt; bake it; when it is baked, ſerve it warme and ſugred.

32. *Tourt of yolks of eggs.*

Allay together ſome butter, five yolks of eggs, ſome ſugar, two macarons; a little ſalt and milk; make up your tourte with them,

and

and bake it, when it is baked, ſerve it ſugred, with lemon peele very thinne over it.

33. *Tourt of* Maſſepin.

For to make it full, glaſed, and broad as a plate; take halfe a pound of almonds, and a quartern of ſugar; beat your almonds, and cut ſome ſugar in; ſpread your paſt, work it low enough, and bake it on a hollow plate on a ſmall fire; make a creame with milke, whereof you will find the making hereafter; fill up this paſt with it about the thickneſs of half an inch; bake it, and paſſe the fire-ſhovell over it, put over it either cherrie, or ſtrawberries, or rasberries, or gooſeberries, or verjuice, or preſerved apricocks, a little more then half; after it is filled, put it in the oven again, and make a *glaſing* with the half of the white of an egge, and ſix times as much ſugar well beaten together; when you are ready to ſerve, powr it over your tourt, and give it quick fire and little, then ſerve upon a plate.

For to make the creame of which mention is made above, allay a very little flowre with a quart of milk, ſeeth it well, and let it be very thinne; then put a little butter in it, four yolks of egge, and two whites well beaten; ſtirre well all over the fire, and mixe with it a very little ſalt and ſugar, about half the quantity of your cream.

For to make it green, put in it ſome beaten piſtaches, or ſome of the grating of lemon peele preſerved.

You

You may serve your tourt glased without conſits, and with fruit, as well as at the intercourſe.

A Table of ſeverall ſorts of roots, herbs, and other things to be preſerved, or pickled, for to keep in a houſhold or ordinary.

Melted butter	1
Artichocks	2
Cowcombers	3
Purſlane	4
Lettice	5
Trouſles	6
Red beets	7
Sparagus	8
Geeen peaſe	9
Succorie	10
Muſhrums	11
Coleworts (or cabidge)	12
Soales	13
Oyſters	14
Combs ſalted	15

14. A Method how to pickle all them for keeping.

1. *Butter melted.*

WHen it is cheap, you may buy a quantity, and melt it for to uſe it upon occaſion; which to do, put it into a panne, let it melt leaſurely, untill the cream go to the bottom, and it becomes cleare at the top; put it into a pot, and when it is cold, keep it for your uſe.

2. *Artichocks.*

Cut off the choak, and what is too hard about them (that is called artichoaks in bottomes) ſteep them in freſh water for to blanch them, draine and dry them; after this, put them in a pot with ſalt, peper, vinegar, melted butter, clove, and ſome bay leafe; cover them well, and keep them untill you have uſe for them; and then unſalt them in lukewarme water; after they are unſalted, ſeeth them with butter, or ſome peece of lard, or fat; after they are ſod, ſerve them with a white ſauce or garniſhed.

3. *Cowcumbers.*

Take them very ſmall, blanch them in freſh water, and ſtick them with cloves, then put them in a pot with ſalt, peper, vinegar, and bay leafe; cover them ſo cloſe that no aire may get in, and ſerve them in ſalat.

4. Pur-

4. *Purſlaine.*

It is pickled as the cowcumber, and you may ſerve them together.

5. *Lettice.*

Chooſe the hardeſt, and take off the great leaves, blanch them in freſh water, and draine them; when they are drained, ſtick them with cloves, and ſeaſon them with ſalt, peper, vinegar, and bay leafe; cover them well, and when you will ſerve them, unſalt them, then ſeeth them, and uſe them for garniſh or for ſallat.

6. *Trouſles.*

Boyle them with the beſt ſtrong wine you can get, ſalt, peper, and clove, then take them out, and put them in a pot with ſalt, peper, vinegar, cloves, and ſome bay leaves, cover them well; when you will uſe them unſalt them; and ſeeth them with wine, & ſerve them in a plated napkin.

7. *Red beets.*

Waſh them very cleane, and ſeeth them; when they are ſod, peele them, and put them in a pot with ſalt, peper, and vinegar, to uſe when you will.

8. *Sparagus.*

Put them in a pot with melted butter, vinegar, ſalt, peper, and cloves, cover them wel, & for to uſe them unſalt them, when they are unſalted, ſeeth them in hot water; when they are ſod, ſerve them with a white ſauce, either to garniſh potages, or for ſalat, or for paſtry work.

9. *Green*

9. *Green peaſe.*

Take them as they come out of the cod, fry them with butter, and ſeaſon them well, as if you would eat them then; but do not fry them too much; then put them into an earthen pot, ſeaſon them again, and cover them well; put them in a cool place, and when you will uſe them, unſalt them, and fry them in the panne, as before.

10. *Succory.*

Tie it, and whiten it in ſand; when you think that it may be kept, cleanſe it well, and put it in a pot with ſalt, pepper, a little vinegar, and roſemary; when you will uſe it, unſalt it, to ſerve it for ſalat, or to ſeeth it to garniſh, or to farce.

11. *Muſhrooms.*

Take the hardeſt and the reddeſt you can get, fry them whole with butter; as to eate preſently, after they are fryed and well ſeaſoned, put them in a pot with more ſeaſoning of butter, and a drop of vinegar, until they ſteep, cover them ſo that no aire may get in; for to uſe them, ſteep them in ſeverall waters lukewarm, then fry them, as if they were but newly gathered.

Another way.

Take the biggeſt and largeſt, whiten them in their water between two diſhes, and drain them; after that, pickle them with vinegar, ſalt, peper, and lemon, or orange peel; after they are pickled a while, take them out and

fry

fry them with refined butter, and a little flowre; after they are fryed, put them into another pickle, if you will keep them long.

You may use them for garnish, or for fritters, or to farce.

12. *Cabidge.*

Take the hardest, and slit them into four on the side of the stalk, then whiten them in fresh water, and dry them; put them into a powdering tub, or into a pot, with salt, peper, vinegar and bay leaves, or a little rosemary: You may stick them with cloves, and when you will use them, unsalt them in lukewarm water, to put them in potage, and not for salat; when they are sod, serve.

13. *Soales.*

Take them very new, and cleanse them; if they are big, slice them on the top, and flowre them after you have dryed them, then fry them half with butter or oyle, and put them neatly into a pot, with salt, peper, beaten clove, lemon, or orange peels, and vinegar; cover them well, and for to use them, take them out of the pot, and steepe them in water; when they are unsalted, fry them with butter, or oyl for them that love it; forget not to flowre them well; and serve them with orange or lemon, or if you will, after you have passed them in the pan, open the bone, and put them with ragoust; which to doe, put some capers, anchovies, mushrums, trousles, and all what you can get;

get; then ſtove or ſoak them, and ſerve with a ſauce thickned, and the juice of a lemon or of orange.

14. *Oyſters.*

Take them out of the ſhell, and blanch them, or as they are, put them into a pot, and ſeaſon them with ſalt, pepper, beaten cloves, and large mace, and ſome bay leaves, cover them well, or if you will you may put them into a barrel; when you will uſe them, unſalt them; you may garniſh with them, or make fritters, or fry them.

15. *Combes ſalted.*

Let the blood be well taken out, and put them in a pot with large mace, peper, cloves, a drop of vinegar, and ſome bay leaves, cover them well, and ſet them in a place which is neither cool nor warme; when you will uſe them, take what you have need of, unſalt them in lukewarm water; and change them very often, vvhen they are very vvell unſalted, boyl ſome water, and ſcald them; when they are very clean, ſeeth them vvith broth or vvater; vvhen they are almoſt enough, put in a bundle of herbs with butter or lard, and a ſlice of lemon: After they are well ſod, uſe them to garniſh vvhat you vvill vvith them.

Ano-

Another Table of things to be salted for to keep, specially for a Cook of Pastry.

Cardes of Artichock	1
Palats of beef	2
Tongues of mutton	3
Pickled pullets	4
Rams Kidneyes	5
Young pidgeons	6
Butter salted	7

The Method.

1. *Cardes of Artichock.*

CHuse the vvhitest stalkes, cut them half a foot long, take all the strings out, steep them in fresh vvater, and change them tvvo or three times; vvhiten and drain them, dry them vvith a cloth, put them in a pot, and salt them; vvhen they are salted, melt, and refine one pound of butter, and povvre it over them, to set them up, and use them upon occasion.

2. *Palats of beef.*

Salt them, as they come out of the head; and set them up untill you have occasion to use

uſe them; then unſalt them; after they are unſalted, ſeeth them, and take the skin off, & the beards, then cut them into peeces, or into ſlices; put them with ragouſt, or garniſh with them all what you have to garniſh, even the Paſtry work, wherein they may be very uſefull.

3. *Tongues of mutton.*

As they are taken out of the head, ſalt them, when you willuſe them; unſalt, and ſeeth them; after they are ſod, flea them neatly, ſlit them, and put them on the gridiron, with crums of bread and ſalt; after they are broiled make a ſauce with verjuice, a drop of vinegar, minced parſley, chippings of bread, a little pot broth, and ſtove or ſoak them, then ſerve.

4. *Pullets pickled.*

After they are dreſſed, cut them into halfs, and dry them well, flowr them, and half fry them, then put them in a pot with ſalt, pepper, cloves, large mace, vinegar, and fine herbs; cover them until you will uſe them; and then unſalt them in freſh or lukewarm water, which is the beſt; when they are unſalted, dry them, and flowre them, then fry them; after they are fryed, ſerve, and if you will have them make a ſhew, you muſt make a thickning with eggs and flowre, fry them, and put them in a ſauce with juice of orange.

Ram

5. *Rammes Kidneys.*

Take off the first skinne, and slit them on the top, to make them to take salt, put them in a pot, and set them in a coole place; to use them, unsalt them, and seeth them, then use them how you will.

6. *Young pidgeons.*

After you have flatted them well, dry them, flowre and fry them, then put them in a pot, with vinegar, pepper, cloves, mace, and fine herbs; when you will use them, unsalt them, for to use them with ragoust, or in potage, or into paste, or to serve them pickled.

7 *Salt butter.*

Wash it well in fresh water, and draine it, then put it in an earthen panne, and knead it with white salt, clove, and some bay leaves, and some aniseed stamped, if you will; after this, put it into a pot, and cover it well with paper or parchment, after you have taken out the water that comes out of it, set it in the cellar, and use it.

A method how to make in Lent the broths of Fish, Pease, Herbs, and Almond.

Broth of fish.

MAke your broth with half water and half peasebroth, take the bones of Carpe, or [illegible] fish, with an onyon sticked with

cloves, a bundle of herbs, and some salt, seeth all well together; with crummes of bread, and some butter; then straine it, and use it for such broth as you will, except that of herbs, the pease broth and many pottages which are without fish.

You may use it for potage of crawfish, boyling it a while with the shells of your crawfish stamped, and strained through a linnen cloth, by meanes whereof your broth wil become red; afterwards straine all, season it, and take it up, and stove it.

Pease broth.

For to make pease broth clear, and that it be good, steep your pease from one day to the next, after you haue cleansed them well; then seeth them with river or conduit water lukewarme; when they are almost enough, take out your pease broth, and use it for what you will.

You will finde the broth of herbs in the potages for lean dayes, and being common, it is needlesse to repeat it.

Broth of Almonds.

Peel well your Almonds in very warme water, and stamp them in a mortar, and as you stamp them, besprinkle them with rose-water; after they are well stamped, put them with fish broth, and crums of bread, then boile all with salt, butter, a little beaten cloves, mace, and cinamon, an onion sticked, and lemon peele, whereof the uper skinne to

be

be taken off; after it is sod, passe it through a strainer, and put it in a pot untill you have use for it.

For to make almond broth with milk, peel well your almonds, stamp them, and in stamping of them, from time to time besprinkle them with milk, and rose water, when they are well stamped, put them with very fresh milke, crums of bread, salt, a little clove, and a little cinamon, boyle all a little while, and then passe it through the strainer; when you are ready to serve, boyle it with sugar, and serve.

All the lent potages are made and seasoned as those for the fasting dayes, but that you put no eggs in them; but in some you mixe pease broth, in others which you will serve white or marbled, you may put some broth of Almonds; stove and garnish them as the others.

A Table of the potages for Lent.

Potage of Crawfish. 1
Potage of hash of carps. 2
Potage of herbs. 3
Potage of tenches farced, with turnips. 4
Queenes potage. 5
Princes potage. 6
Potage of tortoise. 7
Potage of mushrums. 8
Potage of soales. 9
Potage of smelts. 10

Potage of ſparagus. 11
Potage of haſlets. 12
Potage of lettice. 13
Potage of colworts (or cabidge) with milk. 14
Potage of coleworts (or cabidg) with peaſe broth. 15
Potage of pumpkin. 16
Potage of pumpkin with miik. 17
Potage of turnips with white broth. 18
Potage of fyred turnips. 19
Potage of peaſe broth. 20
Potage without butter. 21
Potage of ſmall vailes, or profiteoles. 22
Potage of onyon. 23
Potage of muſles. 24
Potage of frogs. 25
Potage of Grenoſts. 26
Potage of ſalmon with a ſweet ſauce. 27
Potage of bran. 28
Potage of frogs with Almonds. 29
Potage of hops. 30
Potage of parſnips. 31
Potage of leeks with milk. 32
Potage of broken ſparagus. 33
Potage of colliflowre. 34
Botage of fidele. 35
Potage of rice. 36
Potage of tailladin. 37
Potage of barnicle with ragouſt. 38
Potage of barnicle with turnips. 39
Potage of leeks with peaſe broth. 40
Potage of burtes. 41

Potage of Rochets. 42
Potage of lentiles. 43

16. Discourse of the potages for Lent.

1. *Potage of Crawfish.*
Serve it with peaſe broth.

2. *Potage of haſh of carpes.*
With peaſe broth and almonds.

3. *Potage with herbs.*
With a very little peaſe broth.

4. *Potage of tenches farced with turnips.*
With fryed flower, and a little peaſe broth.

5. *Queenes potage.*
With broth of carpe, or other fiſh mixed with peaſe broth and almonds.

6. *Princeſſes potage.*
It is made with peaſe broth, which you ſeeth with the bones of carpe.

7. *Potage of tortoiſe.*
With a little peaſe broth.

8. *Potage of muſhrums.*
With peaſe broth.

9. *Potage of ſoales*
With peaſe broth.

10. *Potage of ſmelts*
With good broth mixed with almonds.

11. *Pottage of ſparagus.*

With peaſe broth and herbs.

12. *Potage of haſlets.*

Take it out of the beſt broth.

13 *Pottage of lettice.*

With peaſe broth.

14. *Pottage of cabidge with fried bread.*

With a little peaſe broth.

15. *Pottage of cabidge or coleworts with milk.*

With a little peaſe broath, and much butter.

16. *Pottage of cabidge or coleworts with peaſe broth.*

Put in your peaſe broth, mace, an onion ſticked with cloves, peper, and ſalt; when it is enough, ſerve it well garniſhed with your cabidge or coleworts, and ſome peece of fried bread, which ſhall have boiled with it.

17. *Pottage of pumpkin.*

Seeth well your pumpkin, ſo that it be more thickned then ordinary, then frie a chiboll with butter, and put it in it with ſalt, & ſerve with peper, and nutmeg.

18. *Pottage of pumpkin with milk.*

After it is wel ſod, ſtrain it through a ſtraining panne, and leave not much broth in it becauſe of the milk which you muſt put in it; when it is well ſeaſoned with milk and a little butter, ſtove or ſoak your bread, and ſerve with pepper, nutmeg, and beaten cinamon, if you will.

19. *Pot-*

19. *Pottage of turnips with white broth.*

Scrape your turnips, and put them in a pot with water; when they are well ſod, ſeaſon them with ſalt, beaten nutmeg, and a bundle of herbs; when you will take up, take it from off the fire, put in ſome butter very freſh, and ſtir it off the fire, and do not put it to it againe, then ſerve with a little almond broth over it.

20. *Pottage of turnips fried.*

Scrape them, and cut them in two or otherwiſe, blanch and flowr them; after they are dryed, fry them, and ſeeth them in water, with a little peper, and an onion ſticked with cloves, when you will take up, if your broath is not thickned, you may put in it a little flowr fried, with a drop of vinegar, then ſerve.

21. *Pottage of peaſe broth.*

Take the cleereſt and put it in a pot, then fry ſome ſorrell, chervell, and a little parſley, with butter, put all in a pot, ſeeth it well, and ſeaſon it well; ſtove your pottage, and ſerve it with parſley roots ſod with it.

22. *Potage without butter.*

It is made with great ſtore of herbes well ſeaſoned, and ſod with a cruſt of bread; ſtove or ſoak, and ſerve.

23. *Potage of* profiteoles, *or ſmall vailes.*

Take it out of many broths, then open ſix loaves made of purpoſe; make a hole on the

top, and take out the crum; fry them with butter, and fill them with melts of carpes, muſhrums, broken ſparagus, and obſerve, that they muſt be ſod before you fill them. After they are full, ſtove or ſoak them leaſurely upon your potage, which you ſhall garniſh with melts, muſhrums, broken ſparagus, and ſerve.

The potage of onions is made the ſame way as that out of Lent. You ſhall find it in the Potages for faſt dayes.

24. *Potage of muſſles.*

It is made the ſame way, as that out of Lent, but that you put no eggs to it; you may put in it ſome almond broth, or of ſome ragouſt, ſerve it garniſhed with muſſles.

25. *Potage of frogs.*

Break the bones, and truſſe them up, then blanch them, and drain them; put them in a diſh, until you have made ſome peaſe broth frie into it a little parſley minced, with butter; after they have boiled, put them into your broth, and take them out forthwith; allay a little ſaffron, and put it in your pot, ſtove or ſoak your bread, garniſh it with your frogs, and ſerve.

26. *Potage of grenoſt.*

It is made the ſame way as out of lent, on faſt daies, and there you ſhall find it.

27. *Potage of ſalmon with a ſweet ſauce.*

Cut it into ſlices, and pickle it, paſte your ſlices in the panne with butter, ſticke them with

with cloves, and put them between two dishes with some butter, a bundle of herbs, sugar, wine, a little salt, large mace, beaten Cinamon, and pepper well beaten; stove or soak them, then dry your bread, and stove or soak it also with some other broth; garnish it afterwards with your slices of salmon, the sauce over it, and garnished, if you will, with figgs, dates, or prunelloes.

28. *Potage of bran.*

It is made as that on fast daies out of lent, but that you put no eggs to it.

29. *Potage with frogs with almonds.*

It is made as that on fast daies out of lent, but that you put no eggs to it.

30. *Potage of hops.*

Make some pease broth, and set it a boiling, passe a few good herbs in the panne well minced, and put them in your pot, let your hops boil in it, after they are blanched; a little before you serve them, take them up, and put them with butter, salt, nutmeg, Cinamon, vinegar, and very little broth; when it is well seasoned, stove or soak your bread, garnish it with your hops, fill your dish, and serve.

31. *Potage of Parsnips.*

It is made as in the fast daies out of lent, but that you make it with pease broth without eggs.

32. *Potage of leeks with milk.*

Cut your leeks very small, blanch and dry them, and seeth them with cleare pease-

broth; after they are ſod, put in ſome milke, peper, ſalt, clove, and mace; ſtove or ſoak your bread, and garniſh it with your leekes, then ſerve.

33. *Potage of broken ſparagus.*

Break or cut your ſparagus, and frie them with good butter, ſalt, pepper, nutmeg, Cinamon, mace, parſley, and minced chibols, ſtove well all together, then make a peaſe broth, or potage of herbs, which you ſhall ſtrain, ſtove alſo your bread, and garniſh it with your ſparagus, then ſerve. You may put in it the juice of muſhrums, and muſhrums with ragouſt.

34. *Potage of coliflowers.*

Dreſs them, and blanch them in freſh water, then put them in a pot with good broth, or with peaſe broth, well ſeaſoned with butter, ſalt, and an onion ſticked with cloves; After they are ſod ſo that they be not broken, ſtove or ſoak your bread, garniſh it with your coliflowers, and ſerve. You may put in ſome milk, peper, and nutmeg.

35. *Potage of* fideles.

Seeth them with water or milk; after they are ſod, and well ſeaſoned, take out a part of them to frye, and make a potage with the remnant, with butter, ſalt, pepper, nutmeg, onion ſticked, then take up and ſerve.

36. *Potage of rice.*

It is made as that of the fideles, let it ſeeth untill it be wel burſt, then ſerve.

37. *Potage*

37. *Potage of* Tailladins.

It is made alike, but that after they are ſod, you may put to it a very litle ſaffron, and ſome very freſh butter; you may put in ſome milk alſo, to make them liquid, and when all is well ſeaſoned, ſerve.

38. *Potage of Barnicle with ragouſt.*

You ſhall finde it in the faſt daies potages, and ſhall make it alike, but without eggs.

39. *Potage of Barnicle with turnips.*

After it is dreſſed, lard it with eele, and roſt it a very little, or paſſe it in the panne with butter, then put it in a pot with water, ſome peaſe broth, and a bundle of herbs; when it is almoſt ſod, paſſe ſome turnips in the panne, put them with your barnicle, and ſeaſon it well.

For to thicken your broth, paſſe a litle flowre in the panne untill it be brown, and allay it with a drop of vinegar; put it in your pot, and when it hath boiled a very little, ſtove your bread with your garniſh, and ſerve.

40. *Potage of leeks with peaſe broth.*

When they are blanched in freſh water, put them with your peaſe broth, ſome capers, ſampire, purſlane, and ſeaſon them well, after they are ſod, ſtove or ſoake your bread, garniſh it with your leeks, and ſerve.

41. *Potage of Burts.*

Stove or ſoake your bread with the beſt of your broths, and garniſh it with you Burts, fryed

fried in the panne, and put with ragouſt, together with muſhrums, capers, ſamphire cut ſmall, and broken ſparagus, then ſerve.

42. *Potage of Rochets.*

Dreſs them, and put them in a pipkin, with a bundle of hearbs, a little white wine, and well ſeaſoned; ſtove or ſoake your bread with other broth, and garniſh it with your Rochets with their ſauce, then ſerve

43. *Potage of* lentilles.

After they are well ſod, and ſeaſoned with butter, ſalt, and a bundle of herbs, take up, and ſerve.

You may put them upon the potage with ſome oile, after they are ſalted.

A Table of the Entrees, or first courses in Lent without eggs.

Soale 1
Pike 2
Tenches farced 3
Fried tenches 4
Stewed carpe 5
Carpe farced 6
Carpe rosted 7
Carpe fried, and put in ragouſt 8
Salmon 9
Haſh of Carp 10
Stewed ſalmon 11
Eele pout 12
Stewed Eele pout 13
Carpe with half ſhort broth 14
Oiſters 15
Oiſters with ragouſt 16
Oiſters in the ſhell on the gridiron 17
Vilain with ragouſt 18
Vilain with ſhort broth and rosted 19
Barbels 20
Dabs 21
Burts in caſtrolle 22
Burts fryed 23
Burts rosted 24
Plaice with ragouſt 25

Fried

Fried plaice	26
Barnicle	27
Barnicle with ſhort broth	28
Barnicle roſted	29
Chewmes roſted	30
Chewmes with ſhort broth roſted	31
Lamprel	32
Lamprel on the gridiron	33
Lamprel with a ſweet ſauce	3
Lamprel ſtewed	34
Eele in ſervelat	5
Eele in the faſhion of ſtewing	36
Eele with halfe ſhort broth	37
Sea eele ſtewed	38
Sea Eele fried and ſtewed	39
Lobſter with ſhort broth	40
Lobſter fried with a white ſauce	41
Langouſt with ſhort broth	42
Langouſt with a white ſauce	43
Pike farced	44
Pike farced and roſted on the ſpit	45
Roſted mackerels	46
Freſh herring roſted	47
Freſh herring with a brown ſauce	48
Pilchers of Royant	49
Rochet	50
Gsenoſt	51
Freſh cod roſted	52
Freſh cod with half ſhort broth	53
Green fiſh	54
Soupreſſe of fiſh.	55
Cammon of fiſh.	56
	57

Muſsles 58
Fried ray 59
Ray with ſhort broth 60
Fried ray with ragouſt 61
Smelts 62
Cod tripes 63
Scuttles 64
Poor John fryed 65
Poor John with oyl 66
Poor John fryed 67
Salmon with a brown ſauce 68
Salmon with oyle, onion, and vinegar, or ſalat, if you will. 69
Mackerel ſalted 70
Stewed herrings 71
Red herrings 72
Salt herrings 73
Peaſe 74
Peaſe broth 75
Red beets 76
Parſnips 77
Jeruſalem hartichocks 78
Serſifis 79
Scirrets 80
Cardes of beets 81
Lentils 82
Spinage 83
Fried apples 84
Apples with ſugar 85
Prunes 86

17. *Adviſe.*

This Table did not ſeeme very needfull to me no more than the following, becauſe the things contained therein are made ready the very ſame way, as at other times, except onely, that no eggs at all are uſed, neither to thicken, nor any other way; But to thicken, in ſtead of eggs, you may take the fleſh of carp, or of eell, which thickneth farre better with butter, then the eggs doe. Wherefore I have omitted the diſcourſes thereof, unleſſe it be the laſt five Articles, which having not as yet mentioned, I thought good to inſert here.

Lentilles.

After they are well ſod, paſſe them in the pan with freſh butter, ſalt, pepper, nutmegs, cinamon, mace, a few fine hearbs, and chibols, when they are well fried, ſerve them.

You may ſerve them in peaſe broth; if you finde them hard to be ſtrained, ſtampe them in a mortar.

They may alſo bee ſerved with ſalat oyle paſſed in the panne.

Spinnage

Spinage.

Take the whiteſt, and doe not uſe the greeneſt, but for want of others, cleanſe them well, and waſh them ſeverall times, draine them, and cauſe them to caſt out their water between two diſhes, ſeaſon them with halfe as much butter as there are ſpinage, beaten cinamon, ſalt, pepper, a chiboll, or an onion ſticked with cloves; paſſe all in the pan, and ſtove it in a diſh covered; when you are ready to ſerve you may put in ſome nutmeg & creame, otherwiſe ſerve them as they are.

Some boyle them in water, but they are not ſo good, though you make them ready alike afterwards.

Apples fried.

Pare your apples, and cut them into round ſlices as farre as the core; make ſome butter browne, and fry them with a little ſalt, beaten cinamon, beaten ginger, and very little if any pepper at all; if you have ſome creame you may put ſome in, and ſerve after they have boyled one or two wames.

Apples with ſugar.

Take apples, cut them in two, take out the core, and prick them at the outſide with the point of a knife; halfe fill your diſh with them, with a little water, cinnamon, lemon peele, butter and much ſugar; Let them ſeeth leaſurely with the lid of an oven, or a tourte panne, when they are enough, ſerve them ſugred.

Prunes.

Prunes.

Take them of Tours, or the common, wash and cleanse them well; after they are very clean, seeth them leisurely in a pot; when they are half sod, put in some sugar, and when the broth is ready to become syrup, serve.

If you will put in no sugar while they seeth, when the syrup is well thickned, bestrew them with sugar, and serve.

Advise.

There are many, who will eat nothing but oile. Now for to take off the smell of oyle, boyle it with a crust of bread burned, and then you may serve it as butter.

A Table of the second course of Lent.

Turbet	1
Dabs	2
Dabs in castrolle	3
Sea dragon or Quaviner	4
Soales	5
Soales with ragoust	6
Salmon	7
Salmon with sweet sauce	8
Grenoss	9
Becare	10
Lours	11

Froute salmoned 13
Raye 14
Smelts 15
Mackerels 16
Pilchers 17
Rochet 18
Pike 19
Pike with a sauce 20
Pike farced 21
Carpe 22
Carpe farced with melts 23
Eele pout 24
Eele pout with ragouſt 25
Perch 26
Tenches 27
Chewmes 28
Freſh cod 29
Breame roſted 30
Plaice 31
Barnicles 32
Carp with half ſhort broth 33
Tenches fryed with ragouſt 34
Barble with ragouſt 35
Vilain with ragouſt 36
Gilthead with ſhort broth 37
Gilt heads roſted 38
Freſh herring 39

18. Adviſe.

ALL the meat of the ſecond ſervice, as well as of the firſt, and intercourſes of Lent, and the paſtry work, are ſerved the ſelfe ſame way, and with the ſame ſeaſoning, as in the faſt daies of the reſt of the year, egges onely excepted, which muſt not be uſed; therefore you ſhall endore your paſtry work with the eggs of Pike ſtamped, or with melted butter; for ſaffron is naught.

A Table of the intercourſes of Lent

Muſhrums 1
Cardons 2
Cardes 3
Scirrets 4
Trouſles with ragouſt 5
White meat 6
Fried Artichocks 7
Fried muſhrums 8
Tortoiſe 9
Paſte ſpunne 10
Sparagus 11
Tourte of franchipanne 12
Cervelat of Eele 13

Gammon of fish	14
Melts fryed	15
Melts with ragoust	16
Liver of eele pout	17
Gelee of all kinds of fishes	18
Celeris	19
Ramequins of all sorts	20
Mushrums after the Olivier	21
Morilles	22
Prunes	23
Brignols	24
Serisis	25
Scirrets	26
Small tourte of cream musked	27
Tourte of Spinage	28
Rissoles	29
Eele pouts fried	30
Sparagus like green peese	31
Liver of Eele pouts fryed	32
Crawfish fried	33
Crawfish with ragoust	34
Fritters of frogs	35
Frogs with ragoust	36
Nulle of melts	37

YOu will find in the fast daies the way of dressing all the contained in the Table above. The following Articles only are not set down.

Rissoles

Rissols.

Take some remnant of hash of carps, some mushrums, and melts, mince all together, well fed with butter and creame, if you have any, season it with nutmeg, cloves and mace, a very little if any pepper, and salt, a bundle of herbs, and boyl it a very little, the better to thicken it, and use it for to make your Rissols with, which for to make well, take some puft past, spread it, and put your implements in it proportionably to the bigness you will make them of, moisten them about, cover them, and endore them with butter, for want of eggs of pike, after they are endored, put them in the oven, and after they are baked, serve.

The small Rissols are made with fine paste, there must be lesse than for a little pie; after your sheets are made, fill them proportionably, moisten them about, and close them up, then throw them into refined butter very hot, untill they be fryed, and yellow, take them out forthwith, and then serve them.

If you put in sugar, you must also put sugar on the top when you serve.

Fritters of frogs.

Choose the finest and the biggest, dresse them cherrie like, that is to say. scrape the thighes of your frogs, so that the bone be cleane at one end, whiten them a very little, and dry them; make a past with flowre, salt, milk, white cheese, of each a very little; stamp

ſtamp all in a mortar, and make it liquid, untill it be like a paſt for fritters; take your frogs by the bone end, and dip them in, and put them in very hot butter, fry them as fritters, and ſerve garniſhed with fryed parſley.

18 A *Note of what may be ſerved upon* Good-friday.

POtage of health, which is to be made with ſorrell, lettics, beets, purſlaine, and a bundle of herbs; ſeeth all well with ſalt, butter, and the firſt cutting of a loafe; ſtove, and ſerve.

Potage of peaſe broth very cleare, which to make, you ſhall put in a few herbs, ſome capers, a bundle of herbs, and an onion ſticked with cloves; when it is well ſod, ſerve garniſhed with fryed bread.

Potage of almond milke, the making whereof you will find in the potages for lent.

Potage of turnips, potage of parſnips, potage of ſparagus, potage of pumpkins.

Potage of profiteolles, for to make it, take five or ſixe ſmall loaves, open them at the top, and take out the crumme, then dry them neare the fire, or make them browne in the panne with freſh butter; ſtove or ſoake them with broth made of purpoſe with muſhrums, peaſe broth, onyon ſticked, all well ſea-

ſeaſoned, and before paſſed in the panne. Uſe this broth for to make your potage, and garniſh your diſh with your dry bread, then fill it up with ſmall ragouſts, as trouffles, artichocks, ſparagus, and fried muſhrums, garniſh the diſh round about with pomgranate, lemon, and, if you will, beſprinkle your pottage with the juice of muſhrums, then ſerve.

Potage of Brocolis, they are the young ſprouts of Coleworts. Seeth them with water, ſalt, peaſe broth, butter, onyon ſticked, and a little peper, ſtove your cruſt, garniſh it with your Brocolis, and fil your diſh with it, then ſerve.

The ſame broth may be made with milk, and garniſhed alike.

The potage of hops is made the ſame way as that of Brocolis, and is garniſhed alike.

The Queenes potage is made the ſame way as that of Lent, but that you make a haſh of muſhrums, to garniſh your bread with; after it is filled, and paſſed in the panne ſeverall times, garniſh the top with piſtaches, pomgranate, and lemons cut.

The princeſſes potage garniſhed with Fleurons, they are ſmall peeces of puft paſt.

Potage of milk. Browne potage of onion.

Potage of peaſe broth garniſhed with lettice, and broken ſparagus.

Potage of fideles, or tailladins garniſhed with fryed paſte. Potage of coliflowers.

Potage of rice garniſhed with a loafe dried.

Potage of green peaſe. For to ſerve it, ſeeth them

them a very little; then ſtamp them in a mortar, and fry and ſeaſon them as the other, then ſerve.

Entree, or firſt courſe for Good-friday.

Red beets, or red parſnips, cut like dice, with browne butter and ſalt.

Red beets with white butter. Red beets fryed.

Red carrots fryed with a browne ſauce upon them.

Red carrots ſtamped and paſſed in the pan, with onion, crummes of bread, almonds, muſhrums, and freſh butter, all well allayed, and ſeaſoned.

Red carrots fryed with browne butter, and onion.

Red carrots cut into round ſlices, with a white ſauce, with butter, ſalt, nutmegg, chibols, and a little vinegar.

White carrots fyed. Carrots in fryed paſte.

Carrots minced into ragouſt with muſhrums.

Tourte of piſtaches. Tourte of herbs. Tourte of butter. Tourte of almonds.

Parſnips with a white ſauce, with butter. Parſnips fryed.

Serfiſis with a white ſauce with butter.

Serfiſis fryed in paſte. Spinage. Apples buttered. Apples fryed. Pappe of flowre. Pappe of rice, and almonds ſtrained. Iunes. Broken Sparagus fryed.

Fricaſſes of haſh of muſhrums, carrots, and piſtaches, well fed with butter, ſerved warm, ſugred and with orenge flowers.

Skirrets fryed in paſte Skirrets with white ſauce with butter.

Cabder of beers. Cardons. Pumpkins fryed. Jeruſalem artichocks. Artichocks whole. Endeles. Rice with milk wel ſugred. Many do cauſe it to burſt in water when it is very clean, and then put the milke in it.

Others do ſeeth it in a double pot.

I that have tryed it every way, hold it moſt expedient, that when it is well waſhed, and very clean, you dry it before the fire, when it is very dry, ſtove it with very new milk, and take heed you doe not drowne it; ſeeth it on a ſmall fire, and ſtirre it often, leaſt it burn to, and put in ſome milke by degrees.

Muſhrums with ragouſt. Muſhrums with cream. Mouſſerons with ragouſt, garniſhed with piſtaches.

Trouſſles cut, with ragouſt, and garniſhed with pomgranate.

Sparagus with a white ſauce.

Trouſſles with ſhort broth. Sallat of lemon.

Salat ſod either of ſuccory or of lettice.

Mor

Morilles with ragouſt. Morilles farced. Morilles with cream.

Creame of piſtaches. Tourte of creame of Almonds. Cakes of Almonds. Cakes of puft paſte.

Artichocks fried.

I have here inſerted no diſcourſe for the making of theſe ſervices, becauſe they are eaſie to be found in the diſcourſes of fiſh daies, and of Lent, having recourſe to the Alphabetical Table added in this impreſſion, to find with more conveniencie, and upon any occaſion find what you need. And the precedent remembrance is but to adviſe you what may be ſerved that day wherein one ſerves but very little fiſh, chiefly at great mens Table.

A Method how to make ſeveral ſorts of Preſerves, both dry and liquid, with ſome other ſmall curioſities, and dainties for the mouth.

Apricocks liquid.

Oyl ſome water, and mixe with it ſome cold lees of wine proportionably, a handful or thereabouts, for one hundred of Apricocks, which you muſt put in this boy-

ling water, and ſtir them with a ſpoon, until you perceive that they peel on the thumb; after that, take them out, put them into freſh water, and peel them very clean; boyl againe ſome water, put your Apricocks in it, and let them boil in it four or five wames; then ſteep them in water; and prick them on the ſtalk; take ſugar proportionably, dip your Apricocks in it; and ſeeth them as it is fitting.

Another way of liquid ripe Apricocks.

Take ſuch a quantity of Apricocks as you will, peele them as well and as neatly as you can, boyl ſome water, put your Apricokes in it, and let them boil a little; take them out forthwith, and put them into freſh water, ſeeth your ſugar after the faſhion of a Conſerve, paſs your Apricoks into it, and boyle them a very little while; ſet them in a ſtove, and let them be there untill the next day morning, keeping alwaies a ſmall fire under.

Dry Apricoks.

Drain them and turn them in ears, or in round, then beſtrew them in with ſugar, in powder, and dry them in a ſtove.

Another way of dryed Apricocks.

Take the hardeſt, and drain them, then ſeeth ſome ſugar as for to preſerve with it, put your Apricocks in it, yet ſomething ſtronger, boyl them over the fire, and take them out; after that you ſhall glaſe them, and put them upon ſtraw, if they are not dry enough, be-

ſtrew

ſtrew them with ſugar in powder, and dry them before the fire.

Conſerve of Roſes.

Take roſes of Provence, the reddeſt you can get, dry them as much as you can in a ſilver plate or diſh over a ſmall fire, and ſtirre them often with your hand; after they are very dry, ſtamp them in a mortar, and then paſs them through a very fine bolting ſive; then allay them with the juice of lemon, over which you ſhall put half an ounce of Roſes beaten into powder; and for want of juice of lemon, take verjuice: Take ſome fine ſugar, and ſeeth it to the plume, that is, till the firſt skin, or cruſt is ſeen on the ſugar, when it is boiled enough; after it is ſod, take it off from the fire, and whiten it with a wooden ſlice, or eſpatory, then put in your roſes until your conſerve hath taken a colour; if by chance your ſugar was too much ſod, mixe with it the juice, or halfe the juice of a lemon, proportionably to what you thinke fitting, then let your conſerve cool a while and take it out.

Conſerve of lemon.

Tyke a lemon and grate it, put the grating of it in water, and after a while take it out and dry it moderately before the fire. Take ſome ſugar, and ſeeth it, the firſt plume or skinne, as it ſhall make, take it off the fire, and put the grating of your lemon in it, and whiten it with the wooden ſlice, and put in a

little of juice of lemon, which is necessary for it, then make up your conserve.

Conserve of pomegranate.

Take a pomegranate, and presse it to take out the juice; then put it on a silver plate, and dry it on a small fire, or on some warme cinders; seeth your sugar untill the plume or skinne appeare, and more then others; after it is well sod, take it off of the fire, and whiten it; then put your juice in it, and take out your conserve.

Conserve of pistaches.

Take pistaches, and stamp them, seeth the sugar till the plume or skinne appeare, and then whiten it; afterwards put in your pistaches, and stirre them in it, then take up your conserve upon paper.

Conserve of fruits.

Take lemon peele, pistaches, apricocks, and cherries, cut them into small peeces, bestrew them with powdered sugar, and dry them neere a small fire; take some sugar, seeth it till the plume or skinne appeare somewhat strong, then without taking it off the fire, put your fruits in, and when you perceive the same plume or skinne, take it out, and whiten it, and when you see a small ice on it, take out your conserve with a spoon.

Slices of gammon.

Take some pistaches stamped by themselves, some powder of rose of *Province* by themselves, allayed with the juice of lemon,

and

and fom: almonds ſtamped into a paſt alſo by themſelves, and thus each by it ſelfe; ſeeth about one pound and a half of ſugar as for conſerve; after it is ſod, ſerve it into three parts, whereof you ſhall put, and preſerve the two upon warme cinders, and into the other you ſhall powr your roſes, and after you have allayed them well in this ſugar, powr all together into a ſheet of double paper, which you ſhall fold up two inches high on the four ſides, and pinne it with pinnes on the foure corners; after this when this firſt ſugar thus powred ſhall be halfe cold, and thus coloured, take off your almonds, mixe them into one of the parts of ſugar left on the warm cinders, and powr them over this implement, & do the like alſo with piſtaches; Then, when all is ready to be cut with the knife, beat down the ſides of the ſheet of paper, and cut this ſugar into ſlices of the thickneſs of halfe a crown.

White fennell.

Take fennell in branches, and cleanſe it vvell; dry it, and vvhen it is dry, take the vvhite of an egge, and vvater of orenge flovvers, beate all together, and dip the fennell into it, then put ſome povvder ſugar over it, and dry it neere the fire upon ſome ſheets of paper.

For to make red fennell.

Take the juice of pomgranat vvith the vvhite of an egge, beate all together, and dip

your fennell in it, put powder of sugar to it, as to the other, and dry it at the Sun.

For to make blew fennell.

Take some turnesol and grate it water, put in a little powder of Iris, and some white of egges, beate altogether, and dippe your fennell into this water, and then put in some powder sugar, and dry it as the other.

For to whiten gilliflowers, roses, and violets.

Take the white of an egge, with a small drop of flower of orenge water, beate them together, and steepe your flowers in it; then take them out, and as you take them out, shake them, put powder sugar over them, and dry them neere the fire.

You may use the same way for to whiten red corants, cherries, respasses, and strawerries.

Cherries liquid.

Take the faireſt you can, and take out the stones, some sugar proportionably to your cherries, and boyl them together untill the sirrup be well made, and sod as much as you shall think fitting: if you will at the same time take out some dry, draine up a portion of the same cherries, and take some sugar, which you shall seeth into a conserve, put in your cherries, boyle them, and take them out.

Plummes of all sorts, liquid.

Take plummes and prick them, then throw them into a bason of boyling water, and boil them

th m ſoftly a little while; let them ſteep in freſh water, and drain them, then ſeeth your ſugar a very little, powr your plums into it and boil them in it a while; then ſet them in the ſtove, if you will; or elſe, if you find them not enough, boile again your ſirrup a while, put in your plummes again, and boile them y.t a little.

G·een Almonds.

They are made ready as the apricocks.

Verjuice or green grapes liquid.

Take the fa reſt you can get, and take out all the ſeeds; boil ſome water, and let your green grapes ſteep a little in it, then put them into ſome ſugar a little ſod, and boile them ſeaven or eight high boilings, and take them out.

Dry grape Verjuice.

Drain it wel, ſeeth ſome ſugar into a conſerve, and put your ſugar verjuice in; ſet it on the fire, & cauſe it to take the ſame ſeething as it had when you have mixed it, ſo that the plume, or skinn, or cruſt of it be very ſtrong.

Bottoms of hartichocks.

Take of b·ttoms of hartichocks what quantity you will, pare them altogether, and take out the choak carefully, then boyl ſome water, put your hartichocks in, and let them ly therein, untill they be very well ſod; then put them into ſugar, and boil them therein four or five boylings, and let them reſt in it, then draine them, and take them out.

Pud-

Budds of roſes dry.

Take the buds of roſes, give them five or ſix pricks with a knife, and boile them tenne or twelve boylings in water, then take ſome ſugar, melt it, put your roſe budds in, and let them yet boile eight or tenn boylings. For to make them dry, uſe them as you doe orenges, whereof the making is ſet downe a little below.

Pomecitron.

Take good pomecitron, cut it into ſlices and put it into freſh water with one handfull of white ſalt; let them ſteep five or ſixe houres, and then boile them in water untill they be ſod; take them out, and draine them, then take ſome ſugar, and boile it, and put into it your ſlices of pomecitron, ſeeth them againe in the ſugar proportionably, and take them out.

Lemons whole.

Peele them to the white, and cut them at the ſharp end, boile ſome water, and put them in, untill they be half ſod; take them out, put out the water, and put them in againe in other water boyling very high, and make an end of ſeething them in it. Take them out and put them in freſh water, then melt ſome ſugar, and put your lemons in it.

Orenges.

Take the reddeſt, and the ſmootheſt, or the yelloweſt, pare them and ſlit them at the end

end, and let them ſteep two whole daies in freſh water, which you ſhall change twice a day, boile ſome water in a baſon, put your orenges in it, and ſeeth them half, take them out, and make an end of ſeething them in other boyling water, then ſet them a draining, and take ſome ſugar proportionably to your oranges, with as much water; boile all with your orenges with high boiling, then take them out, and draine them.

How to make white walnuts.

Take walenuts, pare them to the white, and ſteep them in water ſix whole dayes, and doe nor faile to change the water twice each day, then ſeeth them in water, and when they are ſod, ſtick them with a clove, with cinamon, and with a ſlice of preſerved lemon; then take ſome ſugar, and ſeeth it, put your walnuts in, and let them boile in it ten or twelve wames, then take them out, draine them and dry them.

Paſte of Apricock.

Take them very ripe, and pare them, then put them in a panne without water, and ſtirre them often wieh a ſcimmer, untill they be very dry; take them off of the fire, and mixe them with as much ſugar ſod into a conſerve, as you have of paſte.

Paſte of Cherries.

Take ſome Cherries, boyl them in water, and paſſe them through a ſive; on a good quart of pap of cherries, put foure ounces of

pappe

Pap of apples, which you shall ſeeth and ſtraine alſo; mixe all together, dry it, and make it ready as aboveſaide.

Paſte of Gooſeberries and of grape of Verjuice.

They are made the ſame way as that of Cherries.

Paſte of Quinces.

Take Quinces, ſeeth them whole in water, and paſſe them through a courſe ſive, then dry them in a panne over the fire, as the afore ſaid, mixe them with ſugar, and give them five or ſix turnes over the fire, without boyling, make them ready half cold, and ſo of the reſt.

How to make ſome marchepaine.

Take almonds and peele them, ſteep them in water, and change it untill the laſt be cleare all together, ſtampe them with the white of an egge, and water of orange flowre, then dry them with a little ſugar over the fire, after this you ſhall ſtampe them foure or five blowes in the mortar, and worke them as you will.

How to make cakes of Cherries, Apricocks, piſtaches, and Almonds.

Take of Cherries, or of Apricocks, what you will, ſtamp them in a mortar with ſugar in powder, untill they be ſtiffe enough for to be wrought, bake them before you glaſe them, and glaſe them at the top and underneath. The Piſtaches and Almonds are made ready more eaſily, and are eaſier to make cakes

For

For to make the ſheets of them, ſteep ſome gum in water of orange flowers, ſtamp your almonds, or piſtaches, in a mortar with a peece of gum; allay all together with ſugar in powder, then make & work up a paſt as you will.

You may of the ſame paſte make a glaſing very clear, mixing a little musk with it, & be careful to cleanſe it well at the top, then cut it in length, round, or in any other form.

The baking of it requires a great care and circumſpection; put it in the oven, or in the tourte pan with fire under and above, but a little leſs above.

How to make other light paſts.

Take the white of an egge, beate it well with a little water of orange flowers, and allay it with a few piſtaches or almonds what you will. Work them very well with ſome ſugar in powder, and put in a little musk; bake this in a tourte pan with a few hot cinders both above and under.

How to make a tourte after the Combalet faſhion.

Take three yolks of egs without any whites, half a pound of lemon peel, with ſome water of orange flowers, & ſome musk; ſtamp a lemon peel, mix all together, and dry it with a handful of ſugar, in beating of it; then put all in a pan, and give it three or four turns over the fire; make up a tourte, and put it in the tourte pan with ſome ſugar in powder upon and under, and cloſe it up, and put ſome fire round about it; when it is half baked, take it up,

up, and ſet it a drying in the oven.

How to make ſome ſmall ſheets of paſte glaſed.

Take all ſorts of dry fruites, and ſtamp them with water of orange flowers, fill your ſheets of paſt with theſe fruits, which will form up a certain thickneſs, capable and fit for to glaſe them, leave a little of it at the top, and bake them in the tourt panne until the glaſing be riſen up: which to bring to paſs, put ſome fire upon, and none under.

How to make the ſirrup of cherries.

Take ſome cherries, preſs them, and take out the juice, ſtrain them, and give them two or three boilings over the fire, then put in ſome ſugar proportionably, three quarterns for one quart of juice. The ſirrup of Rasberries is made alike.

How to make Lemonade.

It is made ſeveral waies, according to the diverſity of the ingredients. For to make it with jaſſomine, you muſt take of it about two handful, infuſe it in two or three quarts of water, and there leave it for the ſpace of eight or ten houres; then to one quart of water you ſhal put ſix ounces of ſugar: thoſe of orange flowers, of *muſcade* roſes, & of gilli flowers are made after the ſame way. For to make that of lemon, take ſome lemons, cut them, and take out the juice, put it in water as above ſaid, pare another lemon, cut it into ſlices, put it among this juice, and ſome ſugar proportionably.

That

That of orange is made the ſame way.

How to make dry Quinces.

Take ſome Quinces, pare them, and boile them in water; take them out and put them into ſome boiling ſugar, when they are ſod, take them out, and powre them into ſod ſugar, out of which take them out, and dry them as the oranges and other fruits above-ſaid.

How to make white hippocraſt.

Take three quarts of the beſt white wine, half a pound of ſugar more or leſs, an ounce of cinamon, two or three majoram leaves, two corns of pepper unſtamped, paſſe all through the ſtraining bag with a ſmall corne of muſk, and two or three peeces of lemon, after that, let all infuſe together for the ſpace of three or four hours.

The claret is made with claret wine, with the ſame ingredients, and in the ſame way.

How to make whipped cream.

Take a quart of milk, and put it into an earthen pan with about a quarter of a pound of ſugar; take alſo one pint of ſweet creame, which you ſhall mixe with your milk by degrees as you are whipping of it with rods, you ſhall by degrees take off the ſcum, and put it in a diſh after the form of a pyramid.

How to make ſodden cream.

Take ſome ſweet cream, with one quart or two of Almonds well ſtamped, then mixe all in a pan, ſtir it, and ſeeth it on a ſmal fire, and when

when you perceive it to become thick, take two yolks of eggs, allay them with a little sugar in powder, powre them into your cream, and give it yet foure or five turnings.

How to make the English cream.

Take sweet cream, and make it something lukewarm in the dish wherein you will serve it, then take the bignesse of a corn of wheat of runnet, and allay it with a little milk.

How to make geele of gooseberries.

Take some gooseberries, pull them, and straine them through a napkin; measure your juice, and put neare upon three quarterns of sugar to one quart of juice; seeth it before you mixe it, and seeth it again together; after they are mixed, try them on a plate, and you shal know that it is enough, when it riseth off

That of rasberries is made the same way.

How to make the gelee of grape verjuice.

Take verjuice, and give it one boyling in water, strain it through a course linnen cloth, and seeth some apples, the decoction whereof you shall mixe with it, and the rest as above-said.

The gelee of cherries is made the same way.

How to make the gelee of apples.

Make a decoction of your apples, strain it through a napkin, and mixe with it three quarterns of sugar, or thereabouts to one quart of decoction, &c.

How to make the gelee of Quinces.

Make also a decoction of quinces; make it

alſo a little reddiſh, ſtrain it through a napkin, and put it with ſugar as the others.

How to make bisket.

Take eight egs, one pound of ſugar in powder, with three quarters of a pound of flowre, mixe all together, and thus it will be neither too ſoft nor too hard.

How to maze Maccaron.

Take one pound of peeled Almonds; ſteep them in freſh water, and waſh them until the water be cleare, drain them, and ſtamp them in a mortar; beſprinkle them with three whites of egs, inſtead of water of orenge flowres, put in a quartern of ſugar in powder, and make your paſte, which you ſhall cut upon the paper after the forme of Maccaron; bake it, but take heed you give it not the fire too hot; after it is baked, take it out of the oven, and ſet it up in a place warm and dry.

How to make the marmalet of Orleance.

Take fifteen pounds of Quinces, three pounds of ſugar, and two quarts of water, boil all together; after it is well ſod, drain it by little and little through a napkin, and take out of it what you can; then put your decoction in a balon with four pounds of ſugar, ſeeth it; for to know when it is enough trie it on a plate, and if it doth come off, take it quickly from off the fire, and ſet it up in boxes, or ſomewhere elſe.

How

How to make Strawberries.

Take the paſte of marchepaine, roule it in your hands into the ſhape of ſtrawberries, then dip them in the juice of Barberries, or of red corants, and ſtirre them well; after this, put them in a diſh, and dry them before the fire, and when they are dry, dip them againe three or foure times in the ſame juice.

How to make the Caramel.

Melt ſome ſugar with a little water, and let it ſeeth more then for a conſerve, put into it ſome ſirrup of capilaire, and powre all into freſh water.

How to make Muſcadin.

Take the powder of ſugar, a little of gum Adragan, which you ſhall ſteep in water of orenge flowres, ſtamp all together, make it into muſcadin, and dry it afaire off before the fire, or at the ſun.

How to make ſnow paſte.

Take powder of ſugar, and gum adragan proportionably, ſtamp all together, and put in ſome good water, then make up your ſheet of paſte.

How to make a cake of piſtaches.

Take halfe a pound of powder of ſugar, a quartern of piſtaches, a penny worth of gum adragan, and one drop of ſweet water, ſtamp all together, and when the paſte is made, make your cakes of the thickneſſe of a half crown, and bake them in the oven.

Rasberries preserved.

Make your sirrup with the decoction of apples, when it is well sod; put your rasberries in, give them only one boiling, take them out, and put them where you will to keep them.

Quinces liquid.

Take them very yellow, and without spots, cut them into quarters, and seeth them in water, untill they be well sod, and very soft; then draine them, and put your sugar in the same water, which you shall seeth a little more then sirrup; put your quinces in again, and put in their seeds, taken out first and wrapped into a linnen cloth, to give them a colour, and when they are enough, take them out.

For to make a compost of Apples.

Take some pippins, and pare them very smooth, and without spots; if they are big, cut them into four quarters, if they are small, cut them into halfes, and take out the seeds, and all other superfluities; as you pare them throw them in water, and after they are all in, put the water and apples in a panne, with some sugar, to the proportion of a quarter and a half to eight great apples, and a little cinamon; instead of which in winter, when the apples have lesse juice, you may put one glass of white wine; boile all untill the apples be soft under your fingers; then take them out peece by peece, and presse them between

two

two spoones, and set them on a plate, then strain your sirrup through a napkin folded double; after it is strained, put it in the pan again, for to make a gelee of it, which you shall know to be sod, if you take some with a small spoone, and that the drops doe fall like small peeces of ice; then take it off from the fire, and when it is half cold, put it over your apples, that are set on the plate.

Compost of apples John.

It is made the same, but that the skin must not be taken off.

How to make marmalat of apples.

Take ten or twelve apples, pare them and cut them, as farre as core, and put them into cleer water; then take the apples and the water wherein they do steep, with half a pound of sugar, or less if you will, powr them into a pan, seeth them, as they seeth crush them, least they should burn; and when there is almost no more water, strain all through a straining sive. Take what you have strained, and put it in the same againe, with the grating of half a lemon, or orenge, before steeped above a quarter of an hour in some warme water, and strained through a linnen cloth, for to know, & take out the bitternes of it; as they seeth, stirre alwaies, least your marmalat doe burne; you may know that it is sod when it is as in a gelee, and sheweth less moistnes; and when it is as it ought to be, take it off of the

fire

fite, and ſpread it with a knife, the thickneſs of two half crowns.

How to make the compoſt of pears.

Take what pears you will, ſo they be good, pare them, and take out the cores, the hardneſſe which is at the head of the peare, and other ſuperfluities, as of the apples; if they are big, cut them into halfes or quarters, if they are ſmall, into three parts; then put them in a pan, with water, ſugar, and ſome cinamon; when they are half ſod, powre into them a glaſſe of ſtrong red wine, and keep them alwaies covered cloſe, becauſe it cauſeth them to become red; give them as much ſeething, or thereabouts, as you would give to the ſirrup of other preſerves.

Another way.

Bake ſome peares in warme cinders, when they are baked, pare them, cut them into halfes or quarters, according to their bigneſs, and take out the inſide; make a ſirrup with ſugar, and the juice of a lemon, or the water of orenge flowers; powre your peares into this ſirrup, and give them one boyling, then put them on a plate.

How to make great Cheſnuts after the limoſine.

Seeth ſome of theſe great cheſnuts after the ordinary way, when they are ſod, peele them, & in peeling them, flat them a little between your hands; ſet them on a plate, & take ſome water, ſugar, & the juice of a lemõ, or water of

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orenge flowers, make a ſirrup with it, when it is made, powr it boyling upon your marons, and ſerve them hot or cold.

Another way.

If you wil blanch them, take the white of an egge and ſome water of orenge flowers, beat them together, dip your cheſnuts in it, and put them in a diſh with ſome powder of ſugar; Rowle them untill they be covered with it, then dry them neare the fire.

How to make the compoſt of lemon.

Make a gelee of apples, and ſeeth it, after it is ſod, take a big lemon, pare it very thick, and neere the juice, cut it in two, and in length, and divide theſe two parts into many ſlices, take out the ſeed, and throw theſe ſlices into your gelee; give it ten or twelve boilings, ſo that your gelee may yet have its firſt ſeething; take it off of the fire, and let it become half cold; fill a plate with lemon ſlices, and cover them with your gelee.

How to make lemon paſt.

Take ſome ſugar in powder, and ſome whites of eggs with a little of the grating of the ſubſtance of the lemon, ſtamp all together in a mortar, and if perchance there were too many eggs, put in ſome flowre of ſugar, ſo with ſtamping you may bring what is in your mortar into a paſte fit to be wrought; work it after the ordinary manner, and your cakes as you will, after the thickneſs of halfe a finger, or

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leſſe if you will. Bake them upon paper in the oven; or in a tourte pan, with fire above and under, with mediocritie. Have a care that they become not yellow, and as ſoon as you doe perceive that they begin to take that colour, take them out, for they are enough.

How to make Savoy Biſket.

Take ſix yolkes, and eight whites of eggs, with one pound of ſugar in powder, three quarters of a pound of good flowre made of good wheate, and ſome aniſe-ſeed, beat all well together, and boyle it; make a paſte neither too ſoft nor too hard; if it is too ſoft, you may mixe it with ſome flowre of ſugar, for to ſtiffen it; when it is well proportioned, put it into moulds of white tinne made for the purpoſe; and then bake them half in the oven; when they are halfe baked, take them out and moiſten them at the top with the yolks of eggs; after that put them in the oven again, to make an end of baking; when they are ſo baked that they are not too much burned, nor too ſoft, take them out, and ſet them in a place which is neither too coole, nor too dry.

FINIS.